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{page 23}



**WOMAN  
CHARGED  
IN DEADLY  
HIT-AND-RUN**

{page 4}



THESE ARE NOT THE OFFICIAL RULES. NO PURCHASE NECESSARY. Contest closes August 28, 2011. Look inside for 1 of 10 Winning Keys for a Finalist Prize, consisting of (1) a Finalist Trip (ADV \$2,620) and (2) a yearly supply of Caramilk® bars (365) for 25 years OR cheque for \$10,858.75. Odds no less than 1 in 1,630,933. Finalist has no less than a 1 in 10 chance to win up to \$250,000. Must be age of majority. Skill-testing question required. Full rules at caramilk.ca or call 1-866-782-3267. Trademark, used under license.

OTTAWA

**metro**

Thursday, August 25,  
2011

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News worth  
sharing.

# Paying respects to Jack

- ▶ Canadians line up on Parliament Hill to visit the casket of late New Democratic Party leader Jack Layton
- ▶ Public visitations continue today from 9 a.m. to 1:30 p.m. — after which the casket will be taken to Toronto



Throng of Canadians lined up in front of the Peace Tower and around the East Block on Parliament Hill yesterday to await their turn to visit Jack Layton's casket and pay respect to the late New Democratic Party leader.

Dignitaries and NDP employees were allowed to pay their respects first in the foyer of the House of Commons starting at 11 a.m. Its doors opened at 1 p.m. for the public.

Condolence books lined the hall adjacent to the rotunda for anyone to sign.

"You have been a gift to Canada and the world, Jack! You will be greatly missed," read one note.

Hélène Lapointe, an NDP provincial executive member in Dieppe, N.B., was one of the first to arrive at 10:30 a.m.

She was visiting her mother in Ottawa this week and heard the news of Layton's death while in town.

**"You have been a gift  
to the world, Jack! You  
will be greatly missed."**

A NOTE IN A CONDOLENCE BOOK FOR  
JACK LAYTON

Sporting a pair of dark sunglasses, her voice trembled as she recalled how Layton publicly thanked her in 2008.

"He came to MP Yvonne Godin's nomination in Acadie Bathurst, NB, started speaking French and said 'thanks to Hélène, my French is much better.'"

Lapointe had always stressed that MPs needed to be perfectly bilingual to run in the election and Layton convinced all of them to join a French immersion course a year later.

"I told him, 'there's always room for improvement.'"

Public visitations will begin again today on Parliament Hill at 9 a.m. and continue until 1:30 p.m. Layton's casket will be taken to Toronto City Hall where it will lie in repose on Friday before a state funeral at Roy Thomson Hall on Saturday.



▶ RCMP pallbearers carry the casket of late NDP leader Jack Layton up the steps of Parliament Hill yesterday. Layton's body will lie in state for two days before his funeral in Toronto on Saturday.

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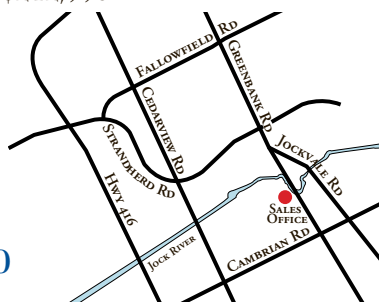


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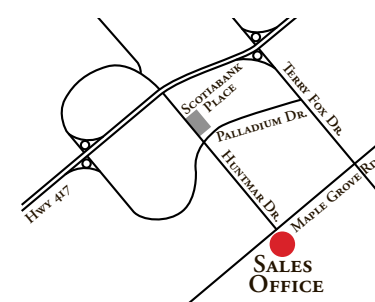


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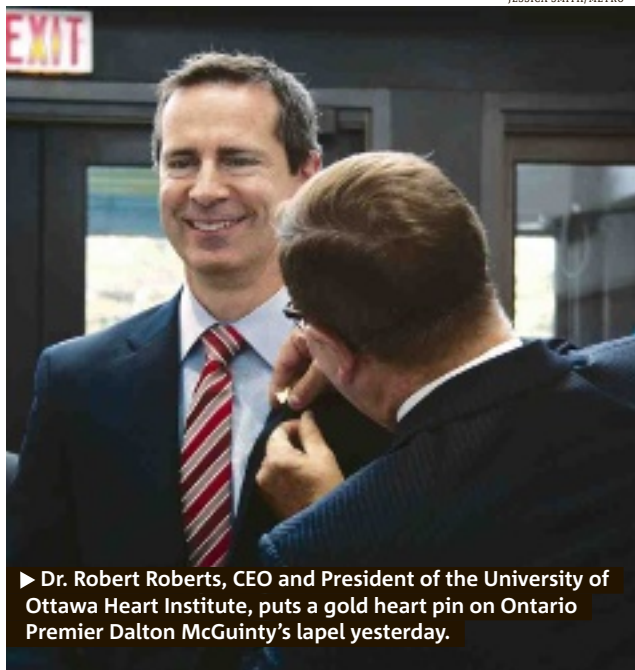
Monday to Thursday 1pm-8pm; Friday 1pm-6pm;  
Saturday, Sunday and Holidays 11am-6pm

All illustrations are artist's concept. All dimensions are approximate. Prices, specifications, terms and conditions subject to change without notice. E.&O.E.



# McGuinty won't confirm project costs

- Premier said province will pay for cost of hospital expansion
- Provincial PC leader, McGuinty hold dueling campaign announcements



► Dr. Robert Roberts, CEO and President of the University of Ottawa Heart Institute, puts a gold heart pin on Ontario Premier Dalton McGuinty's lapel yesterday.



► In a separate announcement held at the same time as the premier's, Ontario Progressive Conservative Leader Tim Hudak promised that if elected he would add health care funding to free up hospital beds and reduce wait times for seniors who receive long-term care.



JESSICA SMITH  
@METRONEWS.CA

Ontario Premier Dalton McGuinty said yesterday the province will pay to renovate and expand the Ottawa Heart Institute so patients get quicker access to cardiac life support services — but the funding isn't guaranteed if the Progressive Conservatives take power in the Oct. 6 election.

"This project includes an additional operating room, more ICU beds and up-

grades to diagnostic equipment," said McGuinty. "It's going to help us ensure that people have what they need to stay healthy and greater access to quality services, closer to home."

The announcement came with few details — including the cost. McGuinty said the project will go through the province's tendering process, which means the total price of the project won't be known until a bid is chosen.

Progressive Conservative leader Tim Hudak wouldn't guarantee a PC government

would fund the project although he called it "worthwhile."

"Here's the challenge you face, Dalton McGuinty is out making similar announcements in every community across the province," Hudak said.

"We've set aside \$35 billion in infrastructure funding over our first several years and also the health care budget is going to increase."



For more local news visit [metronews.ca/Ottawa](http://metronews.ca/Ottawa)

## Tim Hudak

► **PC Leader** In a separate press conference Ontario PC leader Tim Hudak made his announcement.

► **Plan** Under Hudak's new plan, the provincial government would add 5,000 new long-term care beds in targeted communities that need them the most and renovate 35,000 existing long-term care beds over the next 10 years.

● JOE LOFARO

## Gatineau CEGEP student murdered

Gatineau police are investigating the death of 18-year-old Valérie Leblanc whose burned body was found near the Cégep de l'Outaouais where she studied.

A couple was walking on a wooded trail near the college Tuesday and discovered the body and called 911 just after 4 p.m., Sgt. J.P. Lemay said.

Lemay said police questioned the woman's 17-year-old ex-boyfriend, also a CEGEP student, but said he is not a suspect.

Police are waiting for autopsy results from a lab in Montreal to confirm details of the investigation.

Leblanc's murder is Gatineau's first homicide this year. ● JOE LOFARO

## Driving a car to work is faster

Ottawa-Gatineau had the fourth longest average commute time out of six census metropolitan areas in 2010, Statistics Canada reports. StatsCan said it takes an average of 27 minutes for people living in the region to get to work, a minute more than the national average. The survey also said that the average commuting time for public transit users in Canada's six largest metropolitan areas was 44 minutes versus 27 minutes for drivers.

● METRO

# 1

  
news


Scientists find success fighting mosquito-borne dengue fever with ... mosquitos? Scan code for story.

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On the web at [metronews.ca](http://metronews.ca)

**Olivia Chow thanks the crowd who turned out to pay respects to her late husband, Jack Layton. Video at [metronews.ca](http://metronews.ca)**

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## News in brief

## Couple charged with fraud

An Ottawa couple has been charged with fraud after allegedly securing \$19,000 from an 86-year-old woman they befriended in an Orleans nursing home. Police say they believe there may be other victims who have not yet come forward. Police have charged James Ballis, 50, and Bruna Ballis, 52.

● AMEN JAFRI

## Renters to rap about bed bugs

Local renters will gather next month at City Hall to discuss issues such as high rental rates, social housing and growing problems related to bed bugs and maintenance issues and illegal evictions. The fifth annual Tenants

Conference takes place Sept. 10. ● METRO

## Museum head prepares for new role

The Director of the Bytown Museum, Mike Steinhauer, is leaving his role for a new position at the Department of Canadian Heritage. Under Steinhauer's leadership, the museum held 11 exhibitions, and is credited with taking the museum in new directions.

● METRO

## Hairspray casting call

Suzart Productions, a community theatre group, is putting out a casting call for teens interested in performing in their production of the musical Hairspray. Auditions will be held on Sept. 3 and 4, at Woodroffe United Church.

● METRO

# Police charge woman in fatal hit-and-run

► Victim's father 'sad and heartbroken' over son's death, but thankful for support



JESSICA SMITH  
@METRONEWS.CA

The father of the young man killed in a hit-and-run last week says he's confident the courts will determine the right consequences for the woman now charged in his son's death.

Police charged 24-year-old Layla Aman Wednesday with failing to remain at the scene of a collision causing death. The investigation isn't over and police are making a public plea for information about where she was and what she was doing in the hours

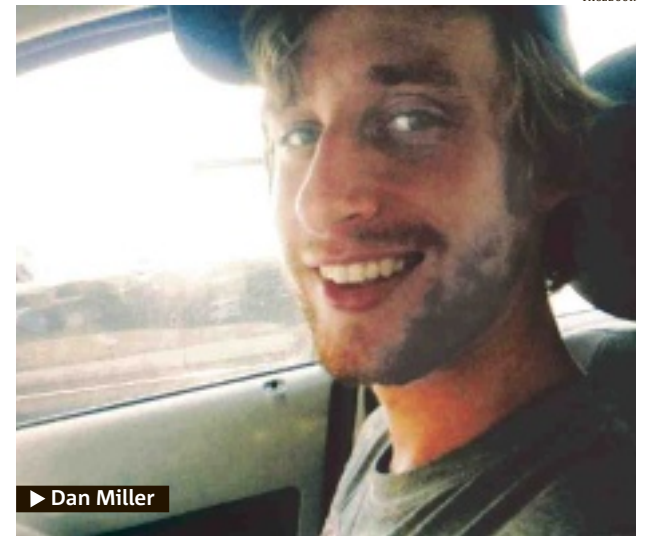
before the crash.

Dan Miller, 22, was hit by a car on Bronson Avenue at Somerset Avenue West shortly after 3 a.m. on Aug. 17. He died later that morning in hospital.

"I'm grateful that the police do the job they're supposed to do and they do it well," said his father, Robert Miller.

Police put out a call for information about a black Nissan Maxima the morning of the crash and received a tip from the public that helped them locate the car the next day, which led them to Aman.

Police interviewed her on the evening of Aug. 19



► Dan Miller

without laying charges.

From Dan Miller's hometown of Stratford Ontario, his father said the family has welcomed the support they've received since his death.

"I'd like to thank, from the bottom of my heart, every single person that has extended kindness and love toward us, to bear us up under an unbearable strain," said Robert Miller.

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# Libya to benefit from dictator's assets



**ELISABETH  
BRAW**

OTTAWA@METRONEWS.CA  
METRO WORLD NEWS IN  
LONDON, ENGLAND

The U.S. will release some \$1.5 billion US in frozen Gadhafi assets to Libya's National Transitional Council, the State Department has announced. And rebels may soon face a windfall as other countries follow suit.

Switzerland and Britain have said they'll release frozen assets as soon as the

UN lifts sanctions against Libya. Assets frozen elsewhere in the EU will follow.

"We want to make their assets available to Libya's new regime and will do so when the situation stabilizes," EU foreign affairs spokesman Michael Mann told Metro.

How much money Col. Moammar Gadhafi, his family and his friends possess is anyone's guess. In the past several months, millions of dollars worth of funds have been frozen. But much



► The outside of Saif al-Islam Gadhafi's \$1-million London mansion yesterday, where at least four people are squatting, neighbours told Metro.

more is thought to be hidden in overseas properties and companies. Distinguishing between assets belonging to the Gadhafis and the Libyan state is difficult.

Even so, the rebels can expect huge amounts of money. The U.S. alone has another \$30 billion in frozen Gadhafi assets.

"We have a plan ready for Day 1 when Gadhafi is gone," says Mann. "Given Libya's resources, it doesn't need a lot of financial assistance."

## Gadhafi fortune

- Properties in London's fashionable West End district.
- Shares in Pearson, owner of the Financial Times.
- A luxury resort in Spain.
- London headquarters of ConocoPhillips (owned by Gadhafi-controlled Libyan Investment Authority).

# Clashes punctuate search for Gadhafi

- Rebels may be running out of weapons but cannot claim 'true' victory until the long-time dictator is found
- NATO campaign issued 46 air strikes on Tuesday

Scattered battles flared yesterday across the Libyan capital, with pro-regime snipers cutting off the road to Tripoli's airport while loyalist fighters launched repeated attacks on Moammar's Gadhafi's captured Bab al-Aziziya compound.

While opposition fighters claimed they had most of Tripoli under control, a defiant Gadhafi vowed from hiding that he would fight on "until victory or martyrdom."

Few civilians were willing to venture outside. The streets were scattered with

debris, while rebels manned checkpoints.

But intense clashes broke out in the Abu Salim neighbourhood, which is thought to be one of the regime's final strongholds.

Rebels found no sign of Gadhafi after a battle Tuesday, but rumours churned about his whereabouts.

Gadhafi's foreign minister, Abdul Ati al-Obeidi, told British media that the dictator's rule "was over" and that safe passage out of Libya was now unlikely.

In London, British Foreign Secretary William Hague said it was clear Gadhafi had lost control of most of the capital and called him on to "stop issuing delusional statements." THE ASSOCIATED PRESS

► Rebel fighters celebrate as they stand on top of the monument inside Moammar Gadhafi's compound in Tripoli yesterday. The rebels say they have now taken control of nearly all of the capital.



## Reporters kidnapped in Libya

Italy's foreign ministry says four Italian journalists were kidnapped yesterday and their driver killed, apparently by Libyan regime loyalists,

on a highway 50 kilometres west of Tripoli.

Two journalists were from the Milan daily Corriere della Sera, one from Turin's La Stampa and one from Avvenire, a national Catholic paper.

The Avvenire reporter called Milan saying the four Italians were OK.

THE ASSOCIATED PRESS

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# Decade-old murder ends in guilty verdict

## ► Suspect had eluded police for 12 years

A 12-year ordeal has ended for the family of a Canadian woman who was raped, murdered, stuffed into a suitcase and dumped at London's Heathrow Airport.

London police say Yousseff Ahmed Wahid, 42, has been found guilty of murdering singer Fatima Kama.

"It represents a lot of things for us," Fatima's father, Bouchaib Kama, 66, said in Montreal.

"The judge and jury in London were able to give us something we'd been waiting for for years"

### Killer on the run

- Wahid is expected to be sentenced in October and could be jailed for life.
- A former Kuwait Airways flight attendant, he had been on police radar from the beginning.
- He eluded authorities for more than a decade before police located him in Bahrain last year. He was extradited to Britain.

Fatima, 28, was born and raised in Morocco, but moved to Canada with her family in 1990.

Reports said she lived her life "like Holly Golightly," the socialite portrayed by Audrey Hepburn in *Breakfast At Tiffany's*.

THE CANADIAN PRESS

### Nunavut. Stamp of approval



► Stephen Harper in Nunavut yesterday.

SEAN KILPATRICK/THE CANADIAN PRESS

## PM strikes gold, literally

Prime Minister Stephen Harper has already put his stamp on the country. Yesterday, he took a different tack — by stamping a \$1.8-million bar of gold with a maple leaf. Harper was visiting Meadowbank gold mine in Nunavut, on his annual weeklong northern tour.

# Police ask Ottawa: Let us be hackers

Canadian police chiefs are calling on Ottawa to change the law to allow police to get occasional access to text messages, cellphone calls, emails and BlackBerry pings.

The request was in a resolution passed at the Canadian Association of Chiefs of Police annual conference in Windsor.

The chiefs say Canada lags behind other G8 countries on the issue.

## Crooks "feel invulnerable to carry out criminal activities."

DEPUTY CHIEF CONST. BOB DOWNIE

Deputy Chief Const. Bob Downie from Saanich, B.C., said criminals have a secure means of communication that cannot be accessed by police.

THE CANADIAN PRESS

# Polar bears invade crash site

Rotting food and strong winds are attracting hungry polar bears to the wreckage of a deadly plane crash in the Arctic, police say.

The chartered First Air jet was carrying 2,250 kilograms of food when it crashed into a hill near the Resolute airport on Saturday.

Twelve people died and three survived. RCMP say passengers on board First Air flight 6560 had no warning before the plane crashed into a hillside.

THE CANADIAN PRESS



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Source: Ministry of Health, 2011.

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# Online match made in hell

► Woman sues Match.com after her date sexually assaults her ► Her mission is to protect other site users

A woman who sued Match.com after being sexually assaulted by a man she met on the dating website settled her lawsuit on Tuesday when she saw proof that the site was screening its members for sexual predators.

Carole Markin sued the website when she found out her attacker had been convicted of sexual battery.

She did not seek monetary damages in her lawsuit, just a court order requiring the site to check its members' backgrounds to weed out convicted sex offenders.

"If I save one woman

**"I went into this lawsuit to protect other people, and it worked."**

CAROLE MARKIN

from being attacked, I'm happy," Markin said.

Robert Platt, an attorney for the site, said Match.com has begun checking its members against state and federal sex-offender databases.



For more news, visit [metronews.ca](http://metronews.ca)

## Sex offender

Last week Alan Wurtzel, 67, pleaded no contest to assaulting Markin.

- He could face a year in jail and five years of probation.
- Wurtzel could also face lifetime registration as a sex offender when he is sentenced Sept. 19.
- Prosecutors said that on their second date last year, Wurtzel drove Markin to her home and followed her inside where he sexually assaulted her while holding her down.

## Jersey. Crash



► A tour bus on the New Jersey Turnpike collided with a tractor trailer on South New Brunswick, N.J., yesterday.

JULIO CORTEZ/THE ASSOCIATED PRESS

## Highway collision

Turnpike Authority Spokesman Tom Feeney says the crash occurred shortly after noon. About a dozen people were hurt with mostly minor injuries.

## Pet-morgue program gives owners closure

Calgary is setting up a pet morgue where dogs and cats killed on the city's streets can be identified by their frantic owners.

Under the new program, the remains will be taken to an Animal Services Centre and stored for 10 days while workers search for licence tags, readable microchips or tattoos that could identify the owner.

The centre will also have a website listing deceased pets and when they were found. **THE CANADIAN PRESS**

# 256

The total number of cats, 232, and dogs, 46, killed on city streets so far this year. Last year, the total was 529.

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Source: Ministry of Education, 2011.

**Yasir Naqvi, MPP**

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## VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is 10 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-75 of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed	<input type="checkbox"/>	<input type="checkbox"/>
I am having difficulty sleeping	<input type="checkbox"/>	<input type="checkbox"/>
I am feeling low in energy and slowed down	<input type="checkbox"/>	<input type="checkbox"/>
My appetite has changed	<input type="checkbox"/>	<input type="checkbox"/>
I am experiencing feelings of guilt	<input type="checkbox"/>	<input type="checkbox"/>
I have lost interest in work and pleasurable activities	<input type="checkbox"/>	<input type="checkbox"/>
I feel hopeless about the future	<input type="checkbox"/>	<input type="checkbox"/>
I feel tense and anxious	<input type="checkbox"/>	<input type="checkbox"/>
I am having difficulty making decisions	<input type="checkbox"/>	<input type="checkbox"/>
I am having trouble concentrating	<input type="checkbox"/>	<input type="checkbox"/>



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# Crossfire continues

► Palestine and Israel militants continue to fire attacks across the border  
 ► Residents not safe, with many running for cover ► Israel also faces hostility from Egypt after death of three police officers

Palestinian militants fired rocket barrages that wounded an Israeli baby yesterday, and Israel retaliated with airstrikes that killed two Gaza fighters.

The new round of violence began last Thursday when gunmen, apparently from Gaza, crossed the border from Egypt and ambushed cars and buses in southern Israel, killing eight people. That was followed by massive Palestinian rocket attacks and retaliatory Israeli airstrikes.

Gaza Health Ministry spokesman Adham Abu Salmia said a member of the Islamic Jihad group was killed yesterday evening in Israeli airstrikes. The Israeli mili-

## Increased security

Israeli media reported that security forces sent reinforcements to the area.

► Large gatherings, including a music festival that was to be held in the city of Ashkelon, were cancelled.

tary said "aircraft targeted a terrorist squad that fired rockets into Israel."

Israeli aircraft killed another Islamic Jihad fighter before dawn yesterday, Hamas security officials said. The Israeli military said the dead man had smuggled weapons into Gaza and was involved in militant activity in Egypt's Sinai peninsula, near Is-

rael's southern border.

Palestinians fired more than a dozen rockets into Israel yesterday, sending residents in Ashkelon and elsewhere in the south running for cover.

Also yesterday, Israeli defence officials said Israel gave Egypt the results of an initial military probe into the deaths of Egyptian police officers during fights between Israeli soldiers and militants Thursday.

Egypt threatened to recall its ambassador while in Cairo, and protesters surrounded the Israeli Embassy Saturday and tore down the Israeli flag replacing it with an Egyptian one.

The officials said video filmed from a helicopter

during the fighting shows soldiers didn't shoot toward locations near the Egyptian positions even after they came under attack from missile attacks and sniper fire from militants there.

The officials, who spoke on condition of anonymity because they are not allowed to speak with the media, did not explain how the preliminary report addresses how the police officers died.

Three militants killed were Egyptian, including one who had escaped from an Egyptian jail during the chaos surrounding the recent ouster of longtime Egyptian leader Hosni Mubarak, they said.

THE ASSOCIATED PRESS

## Chile. Protest



► A police officer confronts a youth during clashes after the start of a national strike in Santiago yesterday.

ROBERT CANDIA/THE ASSOCIATED PRESS

## Chile standoff heats up

Chilean students, opposition politicians and union workers are leading a two-day nationwide strike to fight for fundamental changes in government.



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# Man loses penis amputation case

► Doctor says he removed less than an inch of his penis ► The rest of the penis was amputated by another doctor later, the man's lawyer said

A jury yesterday ruled against a Kentucky truck driver who sued his urologist claiming the doctor amputated part of his penis without his consent.

The six-man, six-woman jury deliberated briefly before coming back with the verdict in the lawsuit filed by 64-year-old Phillip Seaton, and his wife, Deborah, in Shelby County Circuit Court.

The jury ruled unanimously against the claim that Dr. John Patterson of Frankfort had failed to exercise proper care. It ruled 10-2 against the claim that Seaton hadn't consented

**"What I saw was not a penis. What I saw was cancer."**

DR. JOHN PATTERSON

to the amputation.

Jurors were told that Seaton had gone to Patterson seeking a circumcision in 2007, but the doctor decided to amputate part of the organ after he found potentially deadly cancer during surgery.

All jurors, including the forewoman, declined to comment as they filed out of the courthouse after the trial.

Seaton, who with his wife of 35 years had been seeking more than \$16 million in damages for "loss of service, love and affection," also declined to comment after the verdict.

The Seaton's attorney, Kevin George, said in closing arguments, "Phillip has changed. He was mutilated. His manhood was taken."

George said he planned to appeal the decision on the grounds that a doctor is allowed to change a consent for surgery only if there is a danger of imminent death.

THE ASSOCIATED PRESS

Summit. to summits



ARNO BALZARINI/KEystone/THE ASSOCIATED PRESS

## Walking a fine line on top of the world

Nock is attempting to set a new world record by doing seven summits in Germany, Austria and Switzerland in seven days.

## Commuters may be asked to power off at San Fran train stations

Leaders of the San Francisco Bay Area's transit

agency say they may adopt a policy allowing police to turn off wireless communications on train platforms — but only in extreme public safety circumstances.

The board of the Bay Area Rapid Transit system held a special public meet-

ing yesterday to discuss the issue.

BART ignited a global debate over free speech when it cut cellphone and wireless data service in San Francisco subway stations earlier this month to disrupt plans for a protest.

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# WestJet plans to keep Fido flying

## ► Airline says hi-tech filter system keeps air fresh

WestJet Airlines says it's not interested in banning Fluffy and Fido from airplane cabins.

The Canadian Medical Association is suggesting furry friends should travel in cargo because they may present serious risks for people with pet-related allergies.

But the Calgary-based discount carrier says passengers are kept apart if they alert the airline ahead of time that they have allergies.

They also ask that those who take journeys with pets let them know in advance as well. To combat any potential issues, WestJet also says its planes are equipped with good air filters that efficiently eliminate allergens.

Another option the airline presents to passengers with allergies is the chance to be placed on a different flight — one with no dogs or cats on board.

WestJet says that, over the course of the past year

and a half, it has only had a handful of allergy-related incidents reported.

Air Canada implemented a policy between 2006 and 2009 banning pets from the cabin, but later reversed it.

The head of the Alberta Medical Association is throwing his support behind the idea of a ban.

Dr. Patrick White points out that it's pretty hard to get air travellers to a hospital quickly if they have a serious allergic reaction.

THE CANADIAN PRESS

## Storm. Scrubbers



► Darth Vader directs a legion of Stormtroopers — who arrived a day early for the 17th annual Fan Expo Canada — to kill some free time by giving free car washes in Toronto.

AARON VINCENT ELKAIM/THE CANADIAN PRESS

## Star Wars soldiers storm Toronto

Stormtroopers scrubbed and shined vehicles for the public yesterday at the One-A-Minit Car Wash on Church Street in Toronto to promote Fan Expo, starting today and running until Aug. 28 at the Metro Toronto Convention Centre.

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## Apple CEO resigns over health issues

Steve Jobs, the mind behind the iPhone, iPad and other devices that turned Apple Inc. into one of the world's most powerful companies, resigned as the company's CEO yesterday, saying he can no longer handle the demands of the job.

The move appears to be the result of an unspecified medical condition for which he took an indefinite leave from his post in January.

Apple's chief operating officer, Tim Cook, has been named CEO.

In a letter addressed to Apple's board and the "Apple community," Jobs said he "always said if



► Steve Jobs

there ever came a day when I could no longer meet my duties and expectations as Apple's CEO, I would be the first

to let you know. Unfortunately, that day has come."

Apple said Jobs was elected board chairman and Cook is becoming a member of its board.

The company said Jobs gave the board his resignation yesterday and suggested Cook be named the company's new leader.

The January leave was Jobs' third medical leave over several years.

He had previously survived pancreatic cancer and received a liver transplant. Jobs' health has long been a concern for Apple investors who view him as an oracle who seems to know what con-

sumers want before they do. THE ASSOCIATED PRESS

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# A PLEA TO STOP A CYCLE OF ABUSE

## HE SAYS ...

JOHN MAZEROLLE  
METRO



Now that I've been a cyclist for a few months, I know the group of people on Earth I hate most are other cyclists. My disdain for my two-wheeled counterparts falls somewhere between Libyans' hatred of Gadhafi and New Democrats' hatred of Christie Blatchford (a tight squeeze, I know). But it's true: You can all bike at full speed under bridges with four-foot clearances, for all I care.

The only positive thing I can say about the lot of you is "Thanks for making me feel unique." Because I am apparently the only Canadian cyclist who follows the rules of the road.

I stop at stop lights (gasp). I signal my turns (shock). I do not assume "shared trail" means "cycles moving at 40 km/h and human speed bumps leaping out of the way."

The other day I approached a crosswalk with a person in it. The wheel-shocked pedestrian, accustomed to years

**"I'm not asking for puritanical devotion to the rules: I'd just like more cyclists to stop riding like they're in a Farrelly Brothers movie called Blind Cyclist, where our hero ends up covered in newspapers and dead birds as he plows through crowds of people, a strip club and a perfect wedding."**

I'm not asking for puritanical devotion to the rules: I'd just like more cyclists to stop riding like they're in a Farrelly Brothers movie called Blind Cyclist, where our hero ends up covered in newspapers and dead birds as he plows through crowds of people, a strip club and a perfect wedding.

We live in a society where anything that slows cars down, including ambulances and inertia, is deemed part of the "War on the Car." Bikes are No. 1 on the list of irrational targets. When I argue back to motorists, I'd like to have some moral high ground.

So, please, let's stop the cycle of abuse together. And if any cyclists don't understand where I'm coming from, I'd recommend wearing your helmet at all times. You probably need it.

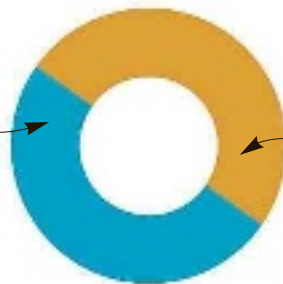
Read more of John Mazerolle's columns at [metronews.ca/hesays](http://metronews.ca/hesays)



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## Are pensions pyramid schemes foisted on the young?

50%  
NO, THEY'LL  
GET THEIR  
DUE.



50%  
YES, THE  
YOUNG TODAY  
WILL NEVER  
SEE A PENSION.

## Letters

**JACK LAYTON.**

Jack Layton was a tireless and down-to-earth champion for social justice, homelessness, equality and personal liberty.

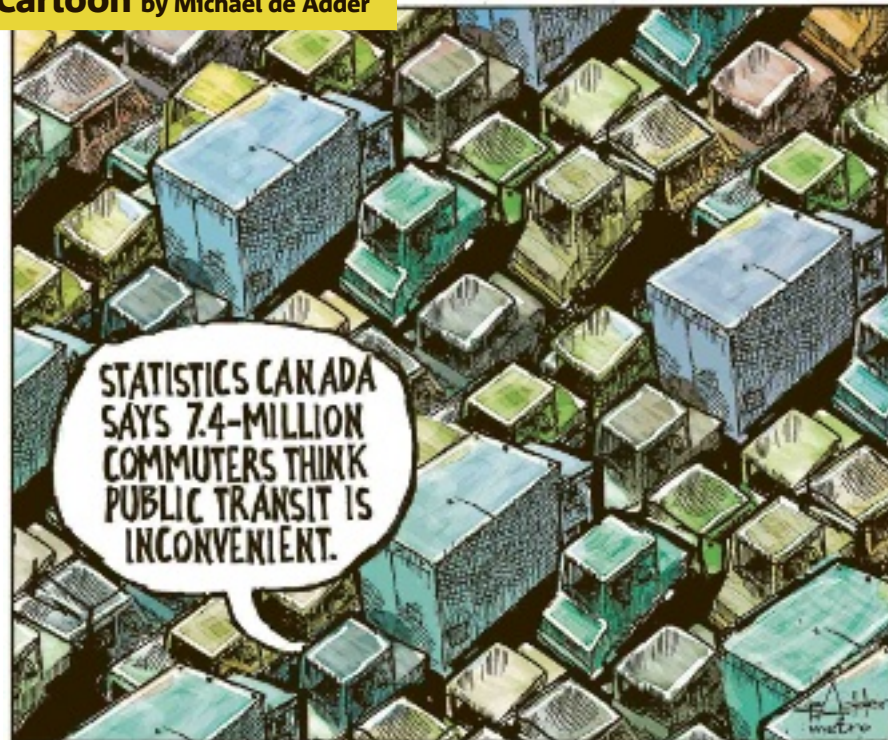
His tenacity and energy has never been seen before in Canadian politics, for which he will be sorely missed. Although we can never replace Jack Layton, all progressive politicians can honour his vision by continuing his call to action for love, hope and optimism.

**JARED EVANS  
VANCOUVER**

Mr. Layton should be remembered as a leader who has played a greater role in bringing a lot of Quebec separatists into his party to work for the unity of the country — something no other politician did. At a time when right-wing politics have been gaining momentum, Mr. Layton managed to win big in the last election, showing that Canadians still believe in a more balanced approach. He was a man of greater charisma, a man of hope and justice and a leader who did not look down at the man of the street but looked at everyone with the respect each one deserved.

**ABUBAKAR KASIM  
TORONTO**

## Cartoon by Michael de Adder



## WEIRD NEWS

## Inmate's protest takes flight

An inmate trying to get attention for his case paid a pilot to fly a banner over a New York City jail complex.

The New York Post says Vadim Vassilenko rented the Cessna 172 Skyhawk on Tuesday.

The 30-metre banner read:

"V. Vassilenko jailed 5+ yrs. — no trial — is this legal?"

He's been at the Manhattan Detention Complex since 2007 on charges of selling stolen credit card numbers as part of an international cyber-crime ring.

The plane rents for \$1,250 US for two hours, and the pilot says Vassilenko had someone on the outside wire him the money.

Vassilenko faces deportation after his case is adjudicated.

His immigration lawyer, Merrill Cohen, says his client wants to be with his family in Ukraine.

**THE CANADIAN PRESS**



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# 2

## scene

### News in brief



Ben Stiller is being honoured for his comedic contributions by the British Academy of Film and Television. The group's Los Angeles branch says Stiller will receive the Charlie Chaplin Britannia Award for Excellence in Comedy.

THE ASSOCIATED PRESS



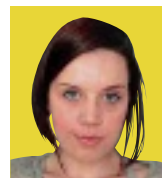
Yearbook photos of Lady Gaga, Ryan Reynolds, Bradley Cooper, other stars published online.

# City in colour: Art coming to town

► Annual event gets underway this weekend ► Art from over 80 Canadian artists will be on display

## BACKSTAGE PASS

JEN TRAPLIN  
METRO OTTAWA



Confederation Park is going to be a lot more colourful this weekend.

The second annual Art in the City kicks off tomorrow, showcasing various forms of art by dozens of Canadian artists.

Trever Proulx is the event co-ordinator of Art in the City. For the past six years, he's been working for his parent's glass art business, Out of Ruins, running the day-to-day operations, booking shows, travelling and selling products to customers all over North America.

He started this event after experiencing first-hand the lack of art shows here in Ottawa.

"Growing up in Ottawa with parents who are artsy and only having the possibility to display our art at one or two outdoor art and craft shows sucks," says Proulx.

So, he decided to speak to his craft show circuit friends and other artists to find out if they would be interested in another show in Ottawa.

"They all said they would love to participate in another show somewhere in the Nation's Capital.



► Event co-ordinator Trever Proulx at his parent's glass art booth, Out of Ruins.

tal. So, I filled out the paper work and, with the help of my parents, friends and neighbours, the show was a huge success last year."

The event has proven to be so successful that Proulx is even thinking of expanding the event into Toronto next year.

"I'm still deciding between two areas," he explains. "Either behind the Thompson Hotel on Bathurst or a park beside St. Lawrence Market."

One-of-a-kind clothing pieces, glass art, paintings, jewelry and more will be on display throughout

## Laugh Out Proud

This weekend, Yuk Yuk's on Elgin is home to Ottawa's annual GLBTQ Stand-Up Comedy Showcase featuring Thea Vidale with Martha Chaves,

Confederation Park this weekend for you to browse, enjoy and maybe even buy.

More than 80 Canadian artists are taking part, including Brockville's Gary Kennell, who creates hand-crafted wood cutting boards and chopping blocks.

Richard Ryder and Jessica Solomon.

- When: Tonight through Saturday.
- Where: Yuk Yuk's (292 Elgin St.).
- Price: \$20 for the show or \$49 for dinner and show.

Paintings created by the kids at Ottawa's Art Day Care, who are all between the ages of two and four, will also be up in the Park.

Wildlife artist Alicia Wishart will be displaying paintings at Art in the City this weekend, after spending the summer on the road. Or check out the

unique glass pieces created by Pakenham artist Chris Van Zanten.

Proulx is confident that this year's event will be even better than last year's, barring, of course, one thing.

"I'm just keeping my fingers crossed for a sunny weekend," he says.

## 2nd Annual Art in the City

• When: Tomorrow from 11 a.m. to 6 p.m., Saturday from 10 a.m. to 6 p.m. & Sunday from 10 a.m. to 4 p.m.

• Where: Confederation Park (Laurier @ Elgin, across from City Hall).

• Price: FREE!

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# Get ready for the apocalypse

► Don't wait, warns the star of *Livin' for the Apocalypse* ► Here's how you can be ready for the end of the world

**HEIDI PATALANO**  
SCENE@METRONEWS.CA  
METRO WORLD NEWS IN NEW YORK

Financial collapse in the U.S., and now an earthquake? Not surprisingly, a growing sector of the population feels that, yes, the apocalypse is well on the way and they're taking every precaution to be ready. Take for example, survivalist Dr. Stirling Silverman (he will not give us his real name for security reasons) who is featured in TLC's upcoming special, *Livin' for the Apocalypse*.

Since the late 1980's and in an undisclosed location in Missouri, Silverman has been stockpiling food, water, weaponry, silver — you name it — in the event of government



► Dr. Stirling Silverman stars in the upcoming TLC special *Livin' for the Apocalypse*.

or environmental failure. "In the late '80s ... I became aware that the gov-

ernment was just not going to be prepared for social security because they

were spending the money that we were paying in," he says. "Of course, any-

## What to stock

Dr. Stirling Silverman's tips for apocalypse

- **Water** "Have some bottled water or larger containers of water in storage and also water filters."
- **Food** "You should have at least enough at home to last — depending on what your philosophy is — a few weeks."

body who can do the math understands that the baby boomer (generation) is a large group of people ... (today) you're going to have less people paying into the system and then you're going to have all these baby boomers that are expecting to get their

retirement money from social security. I think it's criminally negligent that our politicians did not foresee this thing coming."

Expecting the possibilities of "social unrest, economic collapse and hyper-inflation," Silverman began collecting silver, which may be handy to have if the dollar collapses completely.

Think that sounds extreme? Consider the reasons why you're reading this article right now, or why a show called *Livin' for the Apocalypse* was made in the first place.

"I think just about everybody out there senses that we're on the verge of something really bad and a lot of people don't understand what it is," says Silverman.

**Grandpa clearly saw the benefit.**



**WAIT TIMES FOR CATARACT SURGERY SHORTER BY 193 DAYS.**

Source: Ministry of Health and Long Term Care, March 2011.

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PATRICK SISON/THE ASSOCIATED PRESS



► Plumes of smoke rise from the World Trade Center buildings in New York. The Empire State building is seen in the foreground.

# Networks will run 9-11 shows

► As the 10th anniversary of the Sept. 11 attacks near, television news channels preparing their look back specials ► Show expected to be all day retrospective

Television viewers who want to immerse themselves in memories of the Sept. 11 terrorist attacks as the 10th anniversary approaches will have a staggering number of choices, and on the day itself, broadcast and cable news networks will all have their top talent on hand for special coverage.

There will be dozens of specials covering the events from every conceivable angle. Many are from networks that either didn't exist back in 2001, didn't have the capacity to cover the tragedy live or weren't aggressively making as much original programming.

Chances are that the 10th will end up being the biggest anniversary in terms of media attention: 9/11 is still relatively fresh in the minds of those who experienced it, yet time has also offered more perspective.

"It was a transformative event," said Mark Burstein,

## 9-11

**When is the coverage too much?**

► **Television** In the days after the attacks, ABC, on the advice of a prominent child psychologist, ordered its news division to strictly curtail reruns of the more disturbing images: the second plane crashing in to the World Trade Center and the collapse of the

towers. The concern was that children couldn't process that they were reruns, and might think the tragedy was happening again elsewhere. Other news divisions largely followed suit. Because of that judicious usage, people have not become desensitized to the pictures from that awful day, says Jay Wallace, Fox News Channel vice-president of news.

**THE ASSOCIATED PRESS**

executive producer of special events coverage for ABC News. "This was an event that everyone who was over the age of 10 remembers where they were on this day."

Diane Sawyer and George Stephanopoulos will anchor ABC's special the morning of Sept. 11, with coverage of the memorial mixed in with other reports. Brian Williams will anchor NBC's coverage, simulcast on MSNBC,

which will also feature Tom Brokaw, who anchored for NBC a decade ago. Scott Pelley is on hand for CBS. Shepard Smith of Fox News Channel is the main anchor who led his network's coverage 10 years ago and will be back in the same role.

Anderson Cooper and Candy Crowley will be at ground zero for CNN, in a telecast that will be shown all over the world.

**THE ASSOCIATED PRESS**



# Smith, Pinkett deny marriage on the rocks

► Couple says they are not separating, despite reports of trouble in their relationship ► Source says there are 'significant problems' in marriage

Will Smith and Jada Pinkett were quick to respond to reports that they are separating.

"Although we are reluctant to respond to these types of press reports, the rumors circulating about our relationship are completely false. We are still together, and our marriage is intact," the couple said in a statement to E! News.

But a source tells TMZ that while the couple hasn't made the decision to separate, there are "significant problems in their marriage" that they are trying to work out, and that separation is still "definitely a possibility."

● METRO

**"The rumours circulating about our relationship are completely false."**

WILL SMITH AND JADA PINKETT



► Will Smith and Jada Pinkett say rumours about them separating are not true.

ALL PHOTOS/GETTY IMAGES



► Sarah Jessica Parker

## SJP's son eyes acting career

Sarah Jessica Parker admits that James Wilkie, her eight-year-old son with husband Matthew Broderick, is itching to get into the family business and become an actor.

"I don't want him to do it until after he goes to college," she tells Parade

magazine.

"But part of me thinks maybe it's better if he knows the truth now about how hard it is to be a working actor."

"I don't know if he grasps what it took to get us here."

● METRO

### Celebrity tweets



"I found myself humming My Heart Will Go On today. What the hell happened to me?"



@joelmchale



@zachbraff

"So much going on in the world. The 6 most popular stories on the Huffington Post are about Kim Kardashian. Color me confused."



@PSchwarzenegger

"Totally forgot how good guitar hero is. Haven't played in years but I used to kill it on expert."



@SetMacFarlane

"Disneyland may be the happiest place on earth, but it's also the most motorized wheelchairiest place on earth."



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3  
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## Men's pick

Liz Earle  
Hand Repair

Chaps, we're aiming this one at you because women don't need to be preached at about the virtues of soft hands. Liz Earle's echinacea, vitamin E and beta-carotene-infused cream is a handy (sorry) product.

● RICHARD PECKETT

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\$20, lizearle.com

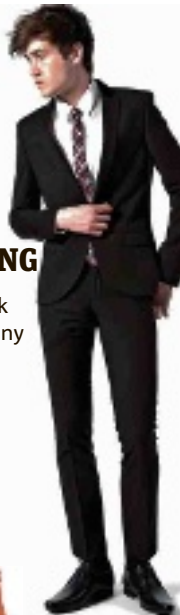


Material Girl model  
Kelly Osbourne heading north

FALL  
TRENDS  
FOR LESS

## TAILORING

Topman black textured skinny suit, \$250, topman.com

COLOUR  
POP

H&M chinos, \$50, hm.com



## CONTRAST/HYBRID

► Ksubi classic denim jacket, \$327, asos.com

Runway trends  
for the real world

RICHARD  
PECKETT  
LIFE@METRONWS.CA

METRO WORLD NEWS

► Don't be a fashion victim as you wade your way through the ever deepening pool of trends ► Refer to this breakdown of the best new ideas worth buying into for fall



► Dolce & Gabbana



► Burberry



► Louis Vuitton

TAILORING  
SKINNY, SLOUCHY, BAGGY  
AND BOXY - THERE'S A  
CUT FOR EVERY TASTE

Dolce & Gabbana and Giorgio Armani among others beat the stuffiness out of tailoring with the zeal of teenage rioters. Every cut, twist and pattern was on show from '40s to noughties. The one downside of choice is that you can end up getting it very wrong. So think about your shape before you go all '70s Gucci on your look.

COLOUR  
MIX UP THE  
MONOCHROME WITH A  
COLOUR POP

Just when you thought the catch phrase "colour pop" had lost its fizz, it returns in blinding technicolour. Jil Sander, Hermès and Burberry rolled with everything from lurid brights to retro oranges on styles from knitwear to outer-wear. Get it right, and a punch of colour can really ramp up the feistiness.

HYBRID  
SOUPED-UP  
CLASSICS

We're talking pimped out clothing here. Dries Van Noten gave classic jackets fur lapels and Louis Vuitton worked quilting into formal coats. Yes, it's ostentatious, but that gives your look a distinguished edge. The pitfalls come when you go over the top like the lads who go overkill on the alloys while revamping their car - it can look frightfully cheap.

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# From musical to la mode

► Ashley Tisdale is singing in the key of style as the face of Wal-Mart Canada's latest fashion line



ELIZABETH  
BEDDALL  
LIFE@METRONEWS.CA

She's a singer, song-writer, executive producer and actress, and now Ashley Tisdale, best known for her former role as the antagonist of Disney's High School Musical, has planted a firm foot in the fashion industry. Metro sat down with the busy 26-year-old to chat about her newest role as the face of this fall's Hollywood Era fashion collection for Wal-Mart Canada.

**Why did you feel this collaboration would be a good fit for you?** When I saw the clothing line and I was really excited. I think Hollywood Era definitely has a sense of my fashion style. I'm super excited that my fans will be able to wear stuff that relates to my fashion sense.



► Ashley Tisdale

**How would you describe the Hollywood Era line?**

I would call it chic, but I also think this is every-day wear. You can wear it to work, school or even if you just want to go out with your friends you can dress it up. You can really play around

with all the items.

**Seeing as though this collection is available at Wal-Mart Canada, tell us how you feel about your northern neighbours?**



Hollywood Era  
Face Paint Top  
\$16

I love Canadians! I just think that everybody is really nice. This is a funny story but I had lost my wallet in Vancouver. It had everything in it — license, credit cards, money. I was freaking out and two months later in the mail, at my house in L.A., my mom received my wallet with everything in there. That would not have happened in L.A., just so you know. That Balenciaga wallet would have been gone.

**So you've now made a mark on the fashion industry. Are you planning on sticking around?** Maybe. I've always loved fashion. I'll always be a part of the fashion world just because I've always loved clothes. I'm not sure about doing my own clothing line yet, maybe

in the future. I have a production company, and so many things going on and I like to give 100 per cent to each thing so I think it would definitely be a big undertaking for me.

**Is there a piece out of this collection that stands out as a favourite?** I really like the shirt with the faces on it. I think it's really cute, very form-fitting, looks great with leggings, which I'm a big fan of.

**What kind of girl is going to love this line?** A girl that loves fashion ... to dress up and likes to have fun with her clothes. All these items you can play around with and mix and match so just someone who likes to have fun with fashion.

## Who runs the world?

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Source: Ontario Medical Association, 2011.

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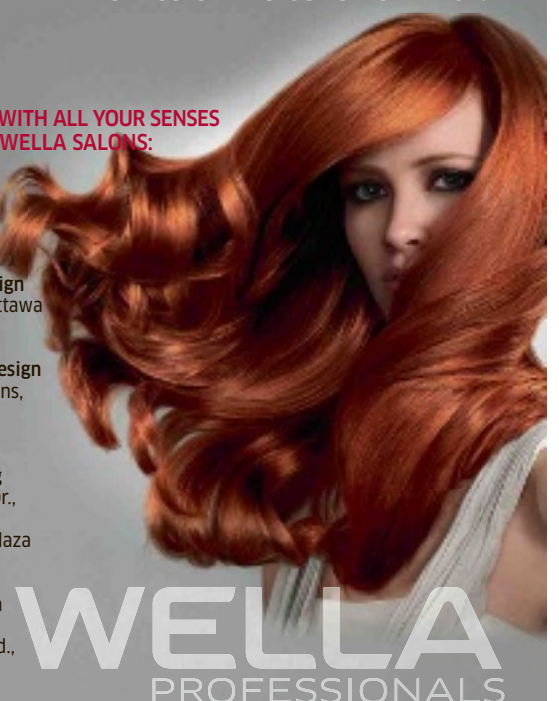
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# Southern Comfort

► Want guilt-free ribs? ► It's possible with a few simple alterations

Who can resist good barbecued ribs? They are the ultimate comfort food.

But eat enough ribs, and you won't be able to see your own. The calories on a typical plate of barbecue ribs can surge to more than 900 calories, and

more fat grams than can be counted.

To combat the fat, these are made in the oven with baby back ribs, which are the leanest cut of pork ribs because they come from the back not the belly.

## Preparation:

**1** Heat oven to 220 C (425 F). Set a 60-cm (24-inch) sheet of heavy foil on a rimmed baking sheet.

**2** Season ribs generously with salt and pepper.

**3** In a large bowl, combine sweet and smoky rub, liquid smoke, ketchup, balsamic vinegar, onion and garlic. Add ribs to

bowl and toss to coat completely. Transfer ribs and marinade to foil, then top it with rosemary stalks. Place another sheet of foil over meat. Fold up edges of bottom sheet of foil and crimp together with top sheet to make a tightly sealed package.

**4** Place ribs in oven and bake for 30 minutes. Reduce heat to 140 C (275 F) and bake until tender, about 45 minutes to 1 hour. Spoon some of the sauce from the foil packet over ribs to serve.

**THE ASSOCIATED PRESS/  
ROCCO DISPIRITO**

## Ingredients:

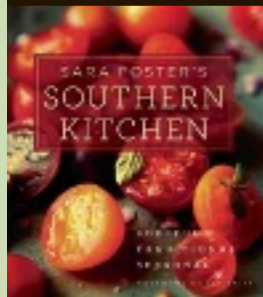
- 1 rack baby back ribs (12 ribs), about 1 kg (2 lb) total, trimmed of all visible fat, cut into 4 equal pieces
- Salt and black pepper
- 15 ml (1 tbsp) sweet and smoky rub (such as McCormick)
- 22 ml (1 1/2 tbsp) liquid smoke (such as Stubb's)
- 250 ml (1 cup) reduced-sugar ketchup
- 30 ml (2 tbsp) balsamic vinegar
- 1 large Spanish onion, chopped
- 12 cloves garlic, roughly chopped
- 2 stalks rosemary (about 15 cm/6 inches each)

MATTHEW MEAD/ THE ASSOCIATED PRESS



► This recipe serves four.

## Weekly Cookbook



Sara Foster's love for Southern fare began in her grandma's kitchen. Now, the author offers nearly 200 contemporary interpretations of classic dishes in her book *Sara Foster's Southern Kitchen: Soulful, Traditional, Seasonal* (Random House, 2011).

The book is divided into sections that include Hearty Breakfasts, Birds, Grits and Rice, and more.

It includes recipes for Shrimp Jambalaya, Granny Foster's Sunday Fried Chicken, Roasted Tomato Grits with Country Ham and Cracklings, Red Beans and Rice with Andouille Sausage, and Molasses-Bourbon Pecan Pie, among others.

## Grilled Rosemary Catfish



Got five minutes? This simple, healthy dinner takes very little time and is big on citrus taste.

Canadian grocery stores are now selling more sustainable fish such as catfish at their fresh fish counters.

Catfish is recommended by the Monterey Bay Aquarium as an environmentally wise fish selection.

**3** Grill fillets on preheated grill until fish flakes easily with a fork, 4 to 5 minutes per side. Transfer catfish to a serving plate and spoon warm Citrus Sauce over fillets. **THE CANADIAN PRESS/U.S. RAISED CATFISH**

## Ingredients:

### Grilled Rosemary Catfish

- 15 ml (1 tbsp) oil, for grill
- 4 farm-raised catfish fillets, 175 to 250 g (6 to 8 oz) each
- 1/2 fresh lemon, per fillet
- Salt and pepper, to taste

### Citrus Sauce

- Juice and zest of 1 lime
- Zest of 1 lemon and 1 orange
- 175 ml (3/4 cup) pineapple juice
- 125 ml (1/2 cup) brown sugar
- 15 ml (1 tbsp) chopped fresh rosemary
- 1 ml (1/4 tsp) salt

## Preparation:

**1** In a shallow dish, place catfish and squeeze 1/2 fresh lemon over each fillet. Sprinkle with salt and freshly ground pepper. Let sit for 5 minutes.

**2** Citrus Sauce: In a small saucepan set over medium heat, combine all sauce ingredients. Bring to a boil, then reduce heat and simmer for 5 minutes. Set aside.

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# Green beans grab spotlight

► Normally steamed or sautéed, green beans are often overlooked ► This salad puts them front and centre by roasting with pancetta and garlic

When it comes to green beans, the oven tends to get overlooked.

Maybe it's because steaming and sautéing are so quick, and bringing out the best in green beans calls for just a bit of heat.

But a short, yet intense, high-heat roast can have the same delicious effect, with the added benefit of giving the beans a satisfying char. It's also almost effortless.

To prove the point, try this simple yet boldly flavoured salad of roasted green beans with pancetta and garlic. After roasting, the beans are tossed with cool, raw cherry tomatoes for a pleasant and juicy contrast.

For the dressing, it's just as simple as adding a splash of lemon juice and a

## Ingredients:

- 750 g (1 1/2 lb) green beans, ends trimmed
- 3 cloves garlic, chopped
- 125 g (4 oz) pancetta, diced
- Juice of 1 lemon
- 500 ml (2 cups) cherry

- tomatoes, halved
- Kosher (or other coarse) salt and ground black pepper
- 50 ml (1/4 cup) grated Parmesan cheese

sprinkle of Parmesan cheese

## Preparation:

- 1 Heat oven to 260 C (500 F).

- 2 On a rimmed baking sheet, toss green beans, garlic and pancetta to mix, then spread in an even layer. Roast for 10 minutes or until beans are browned.

- 3 Transfer beans and pancetta mixture, as well as any juices in the pan, to a large bowl. Drizzle lemon juice over beans, then add cherry tomatoes and toss well. Season with salt and pepper.

- 4 Divide salad among serving plates, then sprinkle generously with Parmesan.

THE ASSOCIATED PRESS

## Got leftovers?

Turn leftovers of Roasted Green Bean and Pancetta Salad into pasta salad.

- Step 1 Boil some spiral pasta. During final 5 minutes of cooking, add 250 to 500 ml (1 to 2 cups) (depending on volume of leftovers) frozen corn kernels and continue cooking.

- Step 2 When pasta is cooked, drain it and corn, then run under cool water; drain again. In large bowl, toss pasta and corn with leftover salad. Add more lemon juice, then season with salt and pepper. Stir in a bit more grated Parmesan cheese.



► This recipe makes four servings.

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SPECIAL INFORMATION FEATURE

# Ashton Brewing Company a family affair

► Smooth, full-bodied Amber Ale is refreshing and very sessionable ► Cream Ale features a crisp, dry finish



**JEFF O'REILLY**  
FOR METRO

With former Hart Brewery owner Lorne Hart loving

life out in Carleton Place, he had been trying for quite some time to coax his old friend, well-known Ottawa publican Art Hodgins, to buy a pub some-

where in the Valley. When Hodgins finally purchased The Old Mill At Ashton, the wheels were set in motion for collaboration.

With 6,000 square feet

of space at his disposal, Hodgins was prompted to think about brewing beer there and his three sons, Quinn, MJ and Brendan, were all enthusiastic about turning it into a brew pub.

So, under the watchful eye of brewing expert Hart — and head brewer Eric Dubuc — they retrieved some brewing equipment from Hartford and then built proper storage and brewing facilities, a tasting room and a new patio overlooking the Jock River.

With a tidy 14-keg capacity, they brewed the first batch of amber July 13, and are now on their sixth batch of beers.

Ashton Brewing Company's Amber Ale has a bright coppery glow with a crisp, white head that fades quickly, but retains a good amount of carbonation. Bready pale malts and wet, grassy citrus hops



► Lorne, Kerri, Art, Brendan, MJ and Quinn celebrate the official launch of their two new beers.

in the nose precede complex flavours of caramel, roasted coffee, sourdough and slightly bitter hops. It is a smooth, full-bodied brew that is refreshing and very sessionable.

ABC's Cream Ale is a deep, rich golden colour with a compact head of tight white bubbles. Aromas of sweet cooked vegetables, cereal grains and aromatic floral Saaz hops

are an invitation to enjoy this delicious sweet and clean ale with a thick European accent, medium, creamy body and crisp, dry finish.

This beer will win a lot of new fans since it is instantly accessible.

The Amber and Cream Ales are only available at the Ashton Pub and Patty's on tap, both owned by the Hodgins family.

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## Humane society hosting party

The Ottawa Humane Society is holding a Memorial Garden Party Sunday to benefit the charity that NAC executive chef Kurt Wadele held in his own Cumberland estate for many years. Wadele was equally dedicated to his love of animals as for food, so it is fitting that, in his passing, his friends and restaurant colleagues help continue the tradition.

Dozens of chefs from the most renowned restau-

rants in the city have teamed together with the Ottawa Humane Society to celebrate his memory. This will be a rare opportunity for the public to taste and enjoy the best culinary samplings the city has to offer with more than 20 chefs participating, including many from embassies and elite hotels.

Foodies won't want to miss this culinary event, which will include chefs for the prime minister,

U.S. ambassador, Governor General's residence, along with Whalesbone, Spin and Sheraton Hotel chefs.

The OHS shelter is a perfect backdrop for guests to witness first-hand how funds for the OHS are used to care for Ottawa's animals. The event will be held Sunday from 2-5 p.m. at the Ottawa Humane Society facilities (245 West Hunt Club Rd.) Tickets are \$100 at ottawahumane.ca.

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# Tasty new venture for Credible Edibles

Just call her the vegetarian unsinkable Molly Brown.

After ordering a vegetarian lunch combo — consisting of blueberry tabouli, Indian-spiced Bombay sandwich loaded with fresh veggies and oatmeal green tea cookie at Credible Edibles in West-

boro — going to pay the bill was shocking.

"It's our last day," said owner Judi Varga-Toth, quickly explaining that it was a new beginning. For two years, Credible Edibles has made a name for itself as a delicious and environmentally conscious restaur-

ant, but has now set its goals higher.

"Our customers have become like family," said Varga-Toth, adding how she will miss them, but now she can focus on catering and cooking classes.

Workshops include teen vegetarianism and popular

soup-making classes, but it's the catering side that will immediately get your mouth watering.

Focusing on making food accessible to anyone with dietary restrictions, especially gluten and dairy intolerant, Credible Edibles can cater formal

events to office breakfast meetings. With smoked "turkey" bagel with basil pumpkin seed pesto and toasted DLT (a seafood alternative) on the fall menu, vivacious, pink-haired Varga-Toth is excited for the future.

● SAMANTHA EVERTS



► Highland Blue cheese from Back Forty Artisan Cheese.

## Bodacious blue cheese not for faint of heart

**CURD  
ON  
THE  
STREET**



Blue cheese lovers take note. This week's cheese pick, Highland Blue, by Back Forty Artisan Cheese, hails from Lanark County.

A true artisan farmstead blue cheese for the blue cheese lover, this regional favourite and award winner at the Royal Ontario Winter Fair is named after our local Lanark Highlands. Highland Blue's popularity puts it in high demand — get yours before it's gone for the season.

This tall, regal, rustic, semi-soft unpasteurized sheep's milk blue cheese has a dense, antique ivory to golden paste with prominent vertical teal-blue coloured veining

### Slice of info

- **Cheese:** Highland Blue
- **Producer:** Back Forty Artisan Cheese
- **Interesting Fact:** Blue cheeses turn blue from the addition of bacterial culture *Penicillium roqueforti* to the milk during cheesemaking, then exposed to air when the cheese is pierced with needles.

throughout, and a mottled natural rind. You will notice a distinct sharpness, salty richness and earthy flavour with a bit of a kick in the piquant finish.

Traditionally, this cheese pairs perfectly with a local icewine, late harvest Vidal, or traditional port.

For a different twist, try an apple icewine from Quebec, with dried apricots as a garnish to bring out a bit of extra flavour pop. ● VANESSA SIMMONS

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# Fall trends easy to live with

► Transitional neutrals with a pop of colour are key decorating trends for autumn

## DESIGN CENTRE



KARL LOHNES  
HOME@  
METRONEWS.CA

There's good news about the fall 2011 trends — they are easy to incorporate into your existing decor and don't have to cost the moon.

Warm grey tones help to cool down all the golden taupe colours while trendy brights add new life to colourless spaces.

Here's a rundown of this season's most important decor trends to bring home.

### Want a deal?

I am thrilled to have curated today's collection of trend-inspired home products with HomeSav, the members-only online shopping club.

► Check out homesav.com: Each item in the collection was chosen by me and will be available to buy at up to 80 per cent off the regular retail price. The sales start today!

### New neutrals:

You may have already heard that grey is on the A-list with decorators and designers as a new neutral colour.

We've seen the popularity of grey in the fashion world for sometime so it's natural that it would make its way into the home.

Adding grey to your existing colour scheme will help cool down the overall look of a room, which is key this season for the neutrals.

All versions of grey (and all tones from light to dark) are trendy.

I stay away from the steel-



► A classic styled sofa in modern grey fabric.

blue grey tones as they remind me too much of the greys that were popular in the 1980s.

The new grey is warmer — think flannel grey suiting, putty or smoke as ways to describe this new neutral.

It's a grey tone that's easy to live with and welcome as a long-term friend.

### Found treasures:

Mixing found-looking objects into a space is often the best way to add personality to a room.

If your usual style is modern, try adding a traditional rug, pillow, piece of art or a corner chair to break up the modern feel and create an unexpected surprise.

My preferred pieces would be: hand-blown glassware, upholstered furniture that is button-tufted or anything with letters or numbers motifs. Old subway signs and French linen laundry bags turned into pillows are other ideas.

No need to scour the flea markets — these looks can be seen in trendy home decor stores for fall.



► Vintage acrylic furniture is back in style. Side chairs are great for dining, in a foyer or in a bedroom corner.

**Pop of colour:** For the past 10 years, popular decor colours have taken from the muted shades like wedgewood blue, sage green and cranberry.

The perfect complement to all the new grey neutral tones are a few shocking 'wake me up' colours.

My favourite one is citron yellow. Wherever you may have used green or gallery white you can use yellow.

Another great choice is mulberry — a purple tone with a touch of pink and a splash of blue in it.

It looks great with espresso



► Pops of colour are easy with accessories like pillows and throws.

brown wood furniture and deep grey painted walls.

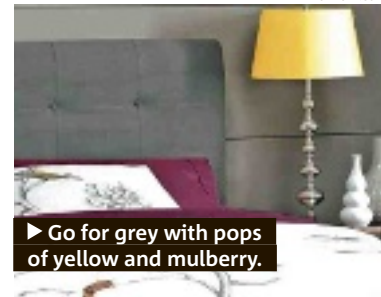
A colour like citron will wake up a contemporary room while mulberry helps soothe a traditional space and take away from the masculinity of grey.

**Mix and match:** The overall look this fall is one of collection — mixing and matching styles together while using colour as a common denominator.

A square 1960s inspired side table beside a traditional sofa with a modern painting hung above — it's all about getting a mix of styles to give a room personality.

When I find an interesting lamp, chair or table it must have one criteria; "does this look like it has history or story to it?"

Another trend to consider is mixing textures. The slub of linen on a sofa, the plush of velvet on an ottoman or the smoothness of silk woven into a rug or on a pillow are great ways



► Go for grey with pops of yellow and mulberry.

shake up a room and appeal to both your sight and touch.

A designer friend once gave me a great rule for mixing alternate styles: 70 per cent of your furnishings and accessories should be of your favourite style and the remaining 30 percent should be different.

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# Let there be solar light

► Steal some energy from Mother Nature for your home ► Outdoor solar lighting gives your yard a warm glow

## DIY IDEAS

Make your home safer, enhance special features on your property and reduce your energy bill in one simple step: install outdoor solar lighting.

Certified landscape technician Ahmed Hassan hosts Turf Wars, a show that pits neighbours against each other to win \$10,000 and the title of best yard on the block.

Hassan offers a few tips to help you get started using solar lighting.

### Benefits of solar

Solar lights require no electrical source and can operate up to 15 hours before recharging.

Many brands convey-

niently have the solar panel, light and battery in one unit. If you have a shady property, there are models available that are powered by a remote solar panel that can be placed in a sunny location while the lights in the shade still operate effectively.

### Create a plan

Use graph paper to plot out your property and decide where you'd like to place your lights.

Select a focal point like a large tree, walkway or the main entrance and work from there. You want to use the lights to highlight the best parts of your yard.

### Install

Use a combination of tier lights and floodlights. Tier lights focus the light down-

wards, so they are useful for walkways or steps. When using tier lights, alternate their placement on either side of the pathway. If you place them opposite each other you will see a runway pattern start to emerge.

Floodlights focus light upwards and are used at adjustable angles to highlight landscape features or architectural details. Taller light fixtures are used for larger areas to spread the light more evenly and widely.

### Light it up

You don't have to worry about flipping a switch or setting a timer.

These solar lights will turn on automatically after sunset, creating a beautiful atmosphere.

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For more information on how you can manage your electricity costs, call **613-738-6400** or visit us at [hydroottawa.com/tou](http://hydroottawa.com/tou).



\*Rates shown are in effect until October 31, 2011.



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# DIY flower workshop

► Thanks to a handful of popular blogs, floral arranging has become a major trend among hip types in cities like New York and London ► One of the flower world's brightest new talents gives us a tutorial on how to do this at home

**KENYA HUNT**  
STYLE@METRONEWS.CA  
METRO WORLD NEWS IN LONDON

"It's just cool to have a little bit of nature indoors. How lovely is it to open your eyes in the morning and the first thing you see is this beautiful flower beside your bed?" asks Kathleen Hyppolite, who runs the New York-based floral design company, Kat Flower.

We're talking about how trendy floral arranging has become among 20- and 30-somethings these past two years, a movement we jokingly call a "petal-ution."

It may sound slightly Martha Stewart in a middle-aged, full-time, stay-at-home mom kind of way.

But in actuality, the trend is being fuelled by fashion lovers, hipsters and arty types the world over



► The finished product!

who are tricking out their flats with carefully curated arrangements made with their own thorn-pricked hands. Basically, the kinds of people you'd imagine spending their mornings nursing a hangover after a swanky night out, rather than rolling out of bed to trek to a flower market.

"I think people have gotten into flowers because of

the online shelter mags and flower blogs that have become so popular," Hyppolite says of sites such as her own own blog (katflower.blogspot.com), The Little Flower School (little-flower-school.blogspot.com), and Lotte and Bloom (lotteand-bloom.blogspot.com.)

They've elevated the idea of flowers from being something that you buy on special occasions to an accessory that can personalize your space in as meaningful a way as a sofa or painting.

Hyppolite gives us a little workshop.

## 1

"As soon as you cut a flower from its natural source, the earth, it's on suicide watch. So you need to do a series of small steps to prolong its life. The most important is to make sure you use a clean vessel. This doesn't have to be a vase. It can

be a tiny votive, an old spaghetti jar — anything that holds water."

## 2

"Remove any foliage on the stem that is below the water line in the vessel because the foliage can introduce bacteria into the water. You don't want to have leaves floating around in there."

## 3

"If you can wear clothes, you can arrange flowers. Approach it in the same way. For example, you can do interesting things by mixing flowers of varying texture. A big bloom can look pretty with something more vine-y. This makes the flowers look more distinct. You can see the difference in texture between a flower like a dahlia and something like cockscomb."

## 4

"When it comes to the shape of the arrangement itself. I don't believe that there is necessarily a wrong way to do this. It's hard to mess it up. Just trust your instincts and be sure to place the flowers in the vessel at an angle in order to maximize the flower's potential to drink."

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● RICHARD PECKETT



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THURSDAY, AUGUST 25, 2011

## BACK TO SCHOOL



► Students from elementary school to the university and college set all have their eyes (and hands) on new technology when going back to school.

## Cool means ... technology

► Kids clamouring for e-readers with high functionality ► Tablet explosion hitting schools

What's on top of the school supply list this year? It isn't T-shirts and tennis shoes. It's the other T — for mobile tech.

Kids as young as elementary age are looking for smart-phone upgrades, while the college set is sussing out the explosion in tablets, said Craig Johnson, president of the retail consulting and

research firm Customer Growth Partners in New Canaan, Conn.

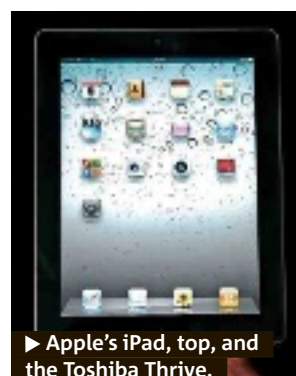
"The single most important thing is the acceleration of technology for back to school. Kids don't get excited about a new lunch box these days, or a new backpack. Cool means technology," he said.

That means e-readers with high functionality like highlighting, underlin-

ing, pagination and touchscreens.

The new Nook has a 15-centimetre (six-inch) touchscreen and crisp, clear print for reading in bright light, tech analyst Andrea Smith told reporters at a recent Consumer Electronics Association trade show. It also indicates how many pages to the end of a chapter and has received praise for long battery life.

Back-to-school tech also means tablets. Once hal- lowed Apple ground, iPad 2 competitors are every- where this season. Apple is



► Apple's iPad, top, and the Toshiba Thrive.

still the big kid, but Android technology is in pur- suit. Some of the new tablets run Adobe Flash software, which Apple doesn't have.

In addition to the iPad 2, Smith suggests the 25-cm (10-inch) Toshiba Thrive for back to school. It runs on Android, has two USB ports and an SD card reader.

Tablets are cool, but are they practical for actual school work? That might have everything to do with the popularity of blue- tooth-enabled keyboard add-ons, including the new one Smith and Morris like from Logitech with a case that easily turns into a tablet stand. Toshiba has a keyboard, too, also sold separately.

THE ASSOCIATED PRESS

## Stuff that writes

Pilot's B2P pens (for bottle to pen) are made from recycled plastic bottles and designed to look like one. They are light-weight with gel ink.



Animal print pens and erasers are every- where.

Post-it has been put- ting flags for tagging into the tops of pens and highlighters for a while now. There's a highlighter-pen combo in a three-pack with room for 50 colour-co- ordinated flags on a shirt clip.

Sharpie has gone gel for highlighters for a wider variety of paper, including ink jet, glossy and extra-thin bot- tom to push up the gel.

Crayola has a box of dry-erase crayons that come with an eraser mitt.

## STUFF FOR PAPERS

Eco-friendly notebooks, composition books and binders abound, if

that's your kid's thing.

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ric homework holders

in a variety of tween-

girl patterns, from

peace signs to zebra

stripes. There's a three-

ring binder inside and a

front zip flap for quick

access.

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► A Post-it flag pen, top, and Pottery Barn's homework holder.



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# Shining stars

## Prints, preppy looks, boho chic in style

► Young musicians, actors like Bieber, Drake and Willow Smith continue to influence trends

**T**he red carpet seems to be making its way to the classroom this fall, as looks reminiscent of styles worn by young stars are among the emerging trends in back-to-school fashion.

Winners fashion expert Sarah Smithers said while hoodies remain a staple for younger boys, sweaters and cardigans are key pieces for their older counterparts, evocative of styles sported by Canadian pop sensation Justin Bieber.

"While we can often see him out wearing a great hoodie, he's also not afraid to pull on a cardigan or a zip-up sweater, and I think that tween boys are starting

► A fuzzy-knit dress, top, from Sears Canada. Male students can choose the varsity look, while the boho-inspired chic look is a key trend for females, and a collegiate cardigan, far right, all from Winners.

to pick up on this as well," she said.

Fellow homegrown music star Drake has been known to wear collegiate styles of his own, like varsity jackets — not unlike the preppy looks on offer this upcoming season.

Smithers said for teen boys, they are seeing a bit more of a heritage or rustic look with knits and sweaters featuring shawl collars that channel collegiate cool. But guys can still add their own touches to personalize more casual yet conservative styles.

"Maybe they're going to wear a varsity jacket with maybe a letterman-style cardigan and really go over-the-top preppy varsity, but then they're going to add interesting accessories like a retro sneaker in a bright bold colour, maybe a belt, again in a bright bold neon hue," said Smithers.

Bowties in bright colours are other potential ways to update

their outfits, she noted.

For the girls, singer Willow Smith of Whip My Hair fame is an example of how to mix different items and prints together in one ensemble, said Nancy Dennis, brand and trend director of children's wear for Sears Canada.

"She kind of epitomizes what I describe as the mash-up style," she said. "The colour is very bright, it's very electric, it's very happy."

Dennis said there is little in the way of subtlety or understatement when it comes to girls' wear this season, most notably with fashion tops featuring em-

bellishments like sequins, scarves and vibrant prints.

Smithers says pink and purple remain wardrobe must-haves for girls, and prints are expanding beyond hearts and stars to include stripes, butterfly prints and peace signs.

A good rule of thumb in pairing patterns is to keep prints in similar hues, she noted.

"A grey stripe mixed with a grey-and-black floral or a butterfly print is going to keep the look looking cohesive."

Even footwear is go-

ing bold from ballet flats boasting animal prints, studding or Mary Jane-style detailing to what Dennis describes as the "must-have" for both genders: Converse-style sneakers, available in classic hues and more colourful patterns.

Smithers said flat, knee-high boots, faux shearling details on boots and wedge-heeled booties are also hot looks in girls' footwear.

Hoodies are getting a stylish stamp, too, with bold graphics from boom boxes to skull patterns dotting designs, said Dennis.

"What's driving bigger boys is anything to do with music, anything with rock 'n' roll or first-generation technology like ghetto blasters or tapes," she said. "That kind of iconography is real-

ly big on T-shirts."

For both boys and girls, Dennis said perennial pop culture faves such as Star Wars, Lego and Hello Kitty are among the hot properties in licensed tees.

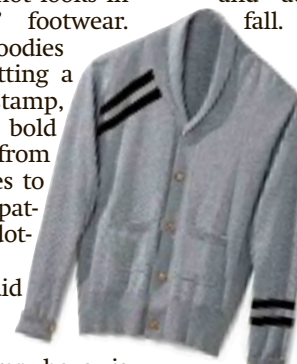
The bright and bold mantra when it comes to colours isn't strictly the domain of girls. Smithers said plaids in particular are getting an update with the patterns steeped in orange, green and blue.

For girls who may be seeking to get groovy with their style, iconic bohemian-inspired pieces may be more up their alley. Smithers said boho chic is a key trend in both apparel and accessories for fall.

"A tunic or a poncho piece would be a great way to capture that trend, but then they're going to layer it over skinny jeans or flared denim," she said.

If you want to steer clear of an outfit resembling a Woodstock costume, pare back on the accessories, Smithers suggested.

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# Bright, fun and whimsical

► When it comes to fashion, children can pull off what adults can't: Mismatched patterns and colours

Some kids might look as if they are getting dressed in the dark: Crazy pattern combinations, clashing colours, and mismatched socks and shoes.

Perhaps, though, they are making enlightened fashion choices — choices that represent their personalities and budding senses of style, and encourage fun and even a wink to convention.

Eventually, children will start to notice trends, rules and peer pressure, but until then, experts say,

let them wear their plaid on plaid, shocking pink with neon orange, and argyle with polka dots. And different coloured socks, of course.

youngsters for an inappropriate wardrobe, just a more creative one.)

Be the sporty girl who will wear a glittery top, floral denim jeans and canvas high-top sneakers, Hough says. "Our girl can pull off mixing so many patterns

and stripes and pieces in a way that we might not be able to do as adults, and the main reason is, she doesn't care what we think."

"Everything looks good on children," agrees

Cathy Carrington-Birch, Mini Boden's buying and merchandising director, who picks corduroy shorts paired with

tights as a trend for girls this back-to-school season, and brushed tartan cargo pants for boys.

"As a result, they're confident enough to try combinations that adults would deem too daring. Once they reach a certain age, they have a very clear idea of what they like," Carrington-Birch says.

Moms often warm up to the crazy combinations once their eyes adjust, observes Lori Twomey, chief merchant of the membership flash-sale website Zulily.

How can they resist their little prince or princess who is loving styles that are bright, fun and whimsical?

"They'll mix fabrics together and colours that you say, 'They don't go,' but then you see it and, all of a sudden, it works really well," she says.

THE ASSOCIATED PRESS



► A Layered Jersey dress and a Rock Applique shirt, both from Mini Boden.

They will look great doing it, if you don't hold them back or challenge their confidence. (This is not giving licence to

## Putting your best foot forward

ASTRID VAN DEN BROEK  
FOR METRO

Who doesn't love back to school shopping? But before heading out, make note of these hot trends to stock your closets with.

In colours and prints for fall, there are three things to remember, says Julianna Smith, a Toronto-based blogger for Yorkdale mall.

"Many summer trends are staying around, so bright colours like lime green, bright orange and cobalt blue are making their way into fall," says Smith.

Other

hot must-haves include python and snakeskin-printed accessories and those hot, hot metallics

such as gold and silver. These colours aren't just for teens, either

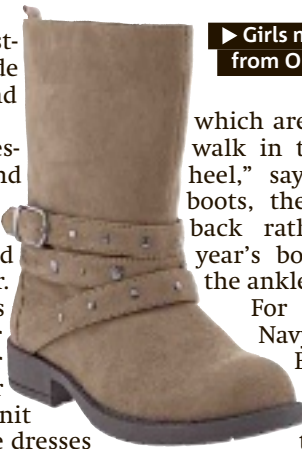
— look for turquoise Knit Ribbon Ruffle dresses and Silver Sequin skirts at

Old Navy for the younger set.

While many of these colours and prints work in footwear, also consider style when you are out shopping.

"Such as a wedge or a thick chunky heel,

► Girls motorcycle boot from Old Navy, \$32.94.



which are also easier to walk in than a regular heel," says Smith. "For boots, the knee-high is back rather than last year's boots cut off at the ankle."

For children, Old Navy's Motorcycle Boots can incorporate the look and keep their legs covered during lunch time play.

Also for the younger-than-10-year set, laceless shoes continue to appear on store shelves in bright pinks, fuschias, greens and blues, and shoes that including breathable mesh to endure hard recess play (such as Reebok's new ZigTech line of children's running shoes).



► Reebok's ZigTech shoes for children range in price from \$59.99-\$79.99.

### Top Five must-have accessories

- 1 Wedge footwear.
- 2 A choker — forget the long dangly, tangly necklaces and opt for thick chokers.
- 3 The wide belt. Again, skinny is out so choose thicker, corset-style belts to cinch around a shirt or dress.
- 4 One or two thick, chunky bracelets that are metallic or snakeskin print.
- 5 A fedora — yep, they are still in. Neutrals are nice, but maybe pick up one in a colour — think purple or mustard.

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# Stock up on supplies



**ASTRID  
VAN DEN BROEK**  
FOR METRO

Pencils, papers, teacher's looks ... indeed it's that time of year when back-to-school supply shopping has hit.

So what's hot in the classroom this fall?

First, forget your plain old ballpoint pens — writing implements are now bendable, sparkly, smelly, stretchy and more. And to really express your personal style, everything from pens and pencils to lunch bags and

backpacks are covered with eye-catching designs.

"We have Tony Hawk, the skateboarder, notebooks and other items designed with him in mind," says Steve Grebenc, a general manager for a west-end, Toronto-based Staples.

Lunch bags and laptop bags (such as the PKG line of bags) are also breaking out of their neutral style colours.

► Binders are a must-have for back-to-school supplies. Staples has Tony Hawk related items, including flash drives, below right.

"We have a few new lines with vibrant colours that appeal to the younger grades," says Grebenc.

Lunch bags also continue to move into lunch purses, such as Thermos' Fashion Lunch Tote bags. Don't like the bags you see? Pick up a Tattoo line of bags, which are black and white in design, but come with markers so your little

Van Gogh can colour them himself or herself. And thanks in part to Litterless

Lunch movements in some schools, Grebenc notes the reusable trend continues with more options for Thermoses and water bottles.

Durability is key with

## To-do list

- While must-have items for school can vary grade to grade (high school students need locks while elementary school students don't generally need them), here's a list to get you started.
- Check your local office supply store or school to see if they have supply recommendations.)
- Paper
- Pencils, pens/markers/pencil crayons
- Binders and duo tangs
- Calculator
- Erasers
- Lunch bag and water bottle
- Staplers and staples
- Pencil sharpener
- Notebooks
- Glue and scissors

► A Rubbermaid FilterFresh Bottle, top, is available at Real Canadian Superstores and Loblaws Great Food Stores for \$9.99. The Thermos Plaid Tote lunch bag, top right, is available at Wal-Mart for \$16.99. Protect your laptops with PKG bags (\$44.99-\$49.99), available at Future Shop, Best Buy and other retailers.

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# Keep your makeup light and natural

**ASTRID VAN DEN BROEK**  
FOR METRO

Want picture-perfect makeup and skin to head back to school this September?

If so, think more Taylor Swift-style over Snooki.

"Keep your makeup light and natural," suggests Diane Sonnenberg, vice-president, brand and values for the Toronto-based The Body Shop

Canada. "Teens don't need to use foundation. Instead, use a concealer on blemishes only."

To continue your soft, natural look, lightly apply eye shadow and follow the critical makeup application rule: Blend, blend, blend. Then swipe on brown mascara and a natural-looking pencil liner over liquid.

And for your lips? A flavoured light gloss or balm rounds out your look, such as The Body Shop's new Natural Lip Roll On.

However, if it's Friday night and you are party-bound, a more dramatic look is in order, such as loud lip-

sticks — think dark purple or cherry lips or very bright orange lips, says Julianna Smith, a blogger for Toronto's Yorkdale Mall.

"The dark, smoky eyes are in, but if you are doing the dark lips go with a more natural look on your eyes," she says. "Metallic colours are also in, as are bright colours for the eyes if you do a natural lip colour."

To complete your look in a polish, nude-coloured nails are in, as are glittery, metallic nails.

"Nail polishes are huge now," she says. "They're an inexpensive way to add to your look."



► Vitamin C Skin Boost from The Body Shop, left, Lush Tea Tree Water, top, and Tea Tree Skin Clearing Toner from The Body Shop.



## Healthy skin tips

Diane Sonnenberg, vice-president, brand and values for the Toronto-based The Body Shop Canada, gives us five steps to healthy skin.

- 1 Wash gently — scrubbing hard will aggravate your skin.
- 2 Cleanse your face twice a day with a gentle product, such as The Body Shop's Tea Tree line.
- 3 Tone after you wash with a light toner, such as Lush's Tea Tree Water facial toner, to remove any remaining dirt or makeup.
- 4 Moisturize using a non pore-blocking light moisturizer.
- 5 Don't pick at scabs or squeeze or scratch at acne. Doing so will likely leave scars.

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**Kanata**  
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613 270-1043

**L'Odyssée**  
1770 Grey Nuns Dr  
613 834-2097

**Le Prélude**  
6025 Longleaf Dr  
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**Marie-Curie**  
860 Colson Av  
613 523-4975

**Maurice-Lapointe**  
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**Michaëlle-Jean**  
11 Claridge  
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**Séraphin-Marion**  
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## List of Ottawa's French-language secondary schools:

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► Although sometimes traumatic, moving to a new school can be an opportunity for students to rewrite "the story" about themselves.

# Trading the known for the Unknown

## ► Parents, schools can help ease children's anxiety about moving to a new school

Moving to a new school can be traumatic for children of any age, but there are things parents can do to help.

"Talk about it," said Donna Henderson, a professor of counselling at Wake Forest University.

"Talk about both sides of it."

A move means trading the known for the unknown, and with that can come grieving for the friends, school and neighbourhood left behind, she said.

"There are going to be some parts of it that are really scary and that you can't figure out immediately, and that's OK. You're going to figure it out eventually," said Henderson, a self-described "army brat" who moved frequently growing up.

But moving to a new

**"There are going to be some parts of it that are really scary and that you can't figure out immediately, and that's OK. You're going to figure it out eventually."**

DONNA HENDERSON,  
A PROFESSOR OF COUNSELLING  
AT WAKE FOREST UNIVERSITY

school also is an opportunity for students to "rewrite that story about themselves" if they didn't like the way things were going, she said. "It's a chance to not make the same mistakes again."

Seeing the school before classes begin can help ease

anxieties. Sometimes it's the school's counsellor or principal who gives new families a tour of the building.

Orientation programs inform parents about what's available, from extracurricular activities to tutoring and other support services.

Once school begins, there may be special activities for new students.

Joining a club or team also can help the transition for children. Last fall, Margaret and Lucy Kellogg transferred to public schools from private school in Washington, D.C.

"In both schools, the extracurricular programs were incredibly welcoming, and both got started off on the cross-country teams in the fall," said mother Betty Cavendish.

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# 4 sports

## Quoted



**“Hopefully, Peyton will be back, but if he's not maybe I can be one of the guys that can help this ball club.”**

QUARTERBACK KERRY COLLINS, WHO AGREED TO TERMS ON A ONE-YEAR CONTRACT WITH THE INDIANAPOLIS COLTS YESTERDAY.

# The mystery of Pittsburgh

► Fans worried about winter without Crosby ► Many wondering if captain is in worse shape than is being said

Sidney Crosby's health issues are making for a very unsettled late Pittsburgh summer.

Nearly a quarter-century since “The Mysteries of Pittsburgh” was a best-selling book, the region's hockey fans are dealing with another riddle wrapped inside an enigma.

How badly is Crosby still hurting after sustaining what appeared to be multiple concussions only days apart in January? Will his lengthy layoff stretch into the new season? And when No. 87 finally does play, will he again be hockey's best player?

The answers don't appear to be forthcoming anytime soon, and that's making the Penguins' fan base as nervous as an overtime Game 7.

Since leaving town nearly four months ago, Crosby hasn't said anything publicly about his persistent post-concussion symptoms. The Penguins aren't saying much, either, if only because they don't know much. Even some of Crosby's own teammates are privately wondering why they aren't getting more

**“We haven't heard from Sid since he left town and, while it's his off-season, they (the Penguins) seem to be unsure, too ... A lot of fans believe that they're hiding something or there's something deeper.”**

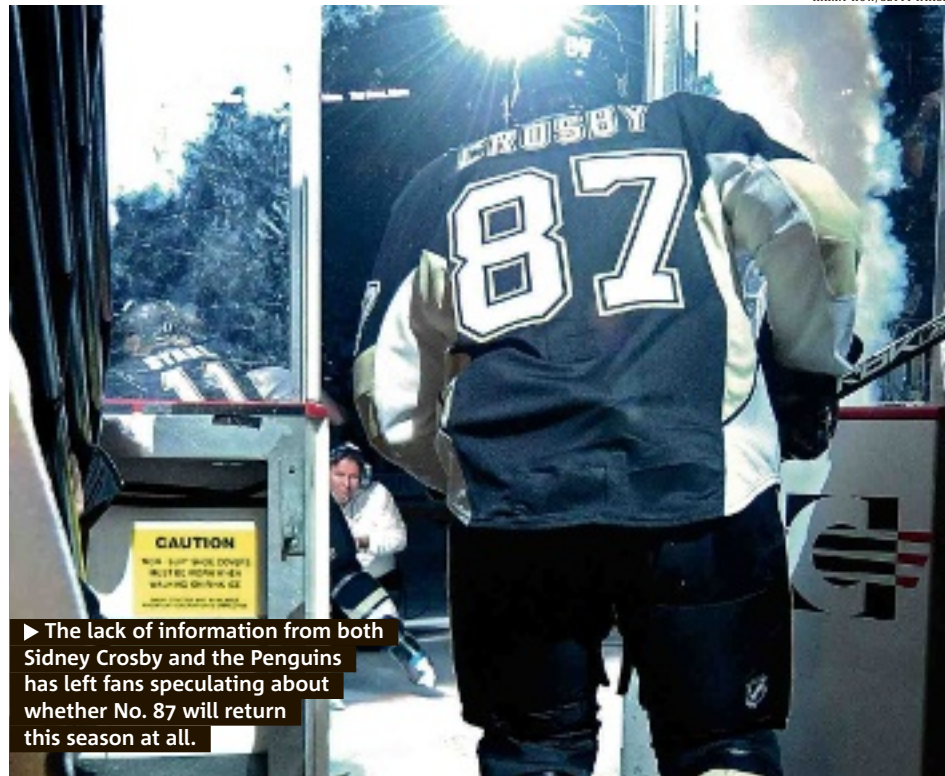
PITTSBURGH TALK SHOW HOST KEN LAIRD

information.

“I can't wave a wand and tell you how it's going to play out,” said Penguins coach Dan Bylsma, who said the team might not get a true reading of Crosby's status until training camp starts in mid-September.

At a time of the year when Pittsburghers generally are focused on the soon-to-start Steelers season, many are on edge because Crosby still isn't healthy eight months after being hurt.

“I'm worried,” said Brian Smith, a 23-year-old Duquesne University grad-



► The lack of information from both Sidney Crosby and the Penguins has left fans speculating about whether No. 87 will return this season at all.

uate school student from Pittsburgh.

“I worked in the concussion lab at my undergrad school, and concussions can be serious, especially when you've gotten two in a row like that. They can really mess you up. He definitely needs to take his time. I want him to come back, but I don't want him to ruin the rest of his life.”

Smith fears Crosby's case is less predictable be-

cause it now appears the Penguins captain had concussions in separate games four days apart in January.

After being shut down for a few weeks after Pittsburgh's first-round loss to the Tampa Bay Lightning, Crosby resumed his off-season workouts in his native Nova Scotia.

But as the workouts intensified, the symptoms returned. Penguins general manager Ray Shero, who

has been in contact with Crosby, isn't sure exactly what they were.

“If he's not ready for the start of the season, I'm worried for the Penguins for sure,” said Nick Barone, 20, a former hockey player for Bethel Park (Pa.) High School. “I don't think they could go a whole season without Crosby. A lot of people will be worried if Crosby's not out there.”

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# Skinner ready for the spotlight

► Last season's rookie of the year faces higher expectations this time

What can Jeff Skinner do for an encore?

In one form or another that question will be asked again and again as the NHL's reigning rookie of the year settles into his second season with the Carolina Hurricanes.

Skinner exceeded all expectations a year ago by topping 30 goals and established a new standard to live up to in the process.

However, those who know the 19-year-old believe he's more than capable of handling the added attention and pressure.

"This is a young man that has a special mental toughness and approach

to the game and I don't see that being an issue," Carolina general manager Jim Rutherford said Wednesday.

"He's a guy that I least worry about in the way he prepares himself — I've learned that real quickly in the short year I've known him and we've had him," added Rutherford. "I look forward to him getting here for camp and look forward to him carrying on his good season from last year."

Even after Carolina fell just short of the playoffs in April, Skinner kept busy. He represented Canada at the IIHF World Hockey Championship in

Slovakia and quickly jumped into workouts under Gary Roberts after returning to North America.

This week he is among 20 NHLers participating in the BioSteel hockey camp as a final tuneup before training camp begins.

"With the way our season ended last year, it's not hard to get motivated," Skinner said after a yoga session yesterday morning.

Motivation has rarely been an issue for the soft-spoken teenager, whom Roberts says was the leanest player to work under him last summer.

Skinner picked right

up where he left off after scoring 31 goals and putting up 63 points in his rookie season.

"This kid is a wonderful, wonderful young man who does his work every day," said Roberts.

"He just quietly goes about his business. He hides in the corner of the gym, kind of sneaks in and does his sets and sneaks back out."

With the start of his second training camp fast approaching, Skinner acknowledges that there will be some added pressure this year.

"Hopefully I rise to the challenge," he said.

THE CANADIAN PRESS



► Jeff Skinner poses for a portrait during last year's all-star festivities.

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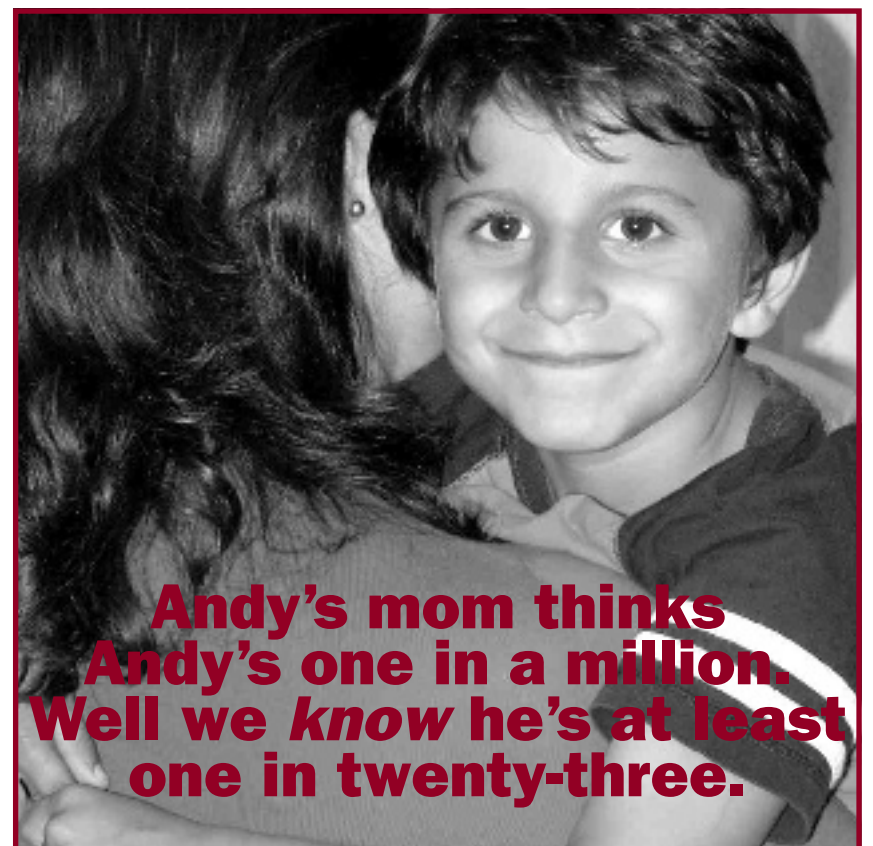
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MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
New York	77	49	.611	—
Boston	78	50	.609	—
Tampa Bay	69	58	.543	8½
Toronto	66	63	.512	12½
Baltimore	49	77	.389	28
CENTRAL DIVISION				
	W	L	Pct	GB
Detroit	70	58	.547	—
Chicago	63	64	.496	6½
Cleveland	63	64	.496	6½
Minnesota	55	73	.430	15
Kansas City	53	77	.408	18
WEST DIVISION				
	W	L	Pct	GB
Texas	74	56	.569	—
Los Angeles	70	59	.543	3½
Oakland	58	70	.453	15
Seattle	56	73	.434	17½

**Yesterday's results**  
Seattle 9 Cleveland 2  
Boston at Texas  
Oakland at N.Y. Yankees  
Toronto 4 Kansas City 37  
Detroit at Tampa Bay  
Baltimore at Minnesota  
Chicago White Sox at L.A. Angels  
**Tuesday's results**  
Cleveland 7 Seattle 5 (1st game)  
Oakland 6 N.Y. Yankees 5  
Seattle 12 Cleveland 7 (2nd game)  
Kansas City 6 Toronto 4  
Detroit 2 Tampa Bay 1  
Boston 11 Texas 5  
Baltimore 8 Minnesota 1  
L.A. Angels 5 Chicago White Sox 4  
**Today's games**  
Oakland (Harden 4-2) at N.Y. Yankees (P.Hughes 4-4), 1:05 p.m.  
Baltimore (Jo-Reyes 6-10) at Minnesota (Liriano 9-9), 1:10 p.m.  
Detroit (Fister 5-13) at Tampa Bay (Hellickson 11-8), 1:10 p.m.  
Kansas City (Francis 4-14) at Toronto (Cecil 4-6), 7:07 p.m.  
Boston (A.Miller 5-1) at Texas (Ogando 12-5), 8:05 p.m.

CYCLING

VUELTA A ESPANA

**At Valdepenas De Jaen, Spain**  
**Fifth Stage**  
1. Joaquin Rodriguez, Spain, Team Katusha, 4 hours, 42 minutes, 54 seconds; 2. Wouter Poels, Netherlands, Vacansoleil-DCM, 4 seconds behind; 3. Daniel Moreno, Spain, Team Katusha, 0:05; 4. Bauke Mollema, Netherlands, Rabobank, 0:07; 5. Michele Scarponi, Italy, Lampre-ISD, 0:08  
**Overall Standings (After 5 of 21 stages)**  
1. Sylvain Chavanel, France, QuickStep, 18 hours, 2 minutes, 34 seconds; 2. Daniel Moreno, Spain, Team Katusha, 9 seconds behind; 3. Joaquin Rodriguez, Spain, Team Katusha, 0:23; 4. Jakob Fuglsang, Denmark, Leopard Trek, 0:26; 5. Vincenzo Nibali, Italy, Liquigas-Cannondale, 0:33; 6. Fredrik Kessiakoff, Sweden, Astana, 0:36; 7. Maxime Mon-

NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Philadelphia	83	45	.648	—
Atlanta	78	52	.600	6
Washington	62	66	.484	21
New York	61	68	.473	22½
Florida	58	71	.450	25½
CENTRAL DIVISION				
	W	L	Pct	GB
Milwaukee	78	54	.591	—
St. Louis	67	63	.515	10
Cincinnati	63	66	.488	13½
Pittsburgh	61	68	.473	15½
Chicago	56	73	.434	20½
Houston	42	88	.323	35
WEST DIVISION				
	W	L	Pct	GB
Arizona	71	59	.546	—
San Francisco	68	61	.527	2½
Colorado	63	68	.481	8½
Los Angeles	60	69	.465	10½
San Diego	60	70	.462	11

**Yesterday's results**  
Pittsburgh 2 Milwaukee 0  
N.Y. Mets 7 Philadelphia 4  
L.A. Dodgers 9 St. Louis 4  
Colorado 7 Houston 6 (10 inn.)  
Florida 6 Cincinnati 5 (Game 1)  
Cincinnati 3 Florida 2 (Game 2)  
Arizona 4 Washington 2  
Atlanta at Chicago Cubs  
San Diego at San Francisco  
**Tuesday's results**  
Arizona 2 Washington 0  
Milwaukee 11 Pittsburgh 4  
Philadelphia 9 N.Y. Mets 4  
Cincinnati 8 Florida 6  
Atlanta 5 Chicago Cubs 4  
L.A. Dodgers 13 St. Louis 2  
Colorado 8 Houston 6  
San Diego 7 San Francisco 5  
**Today's games**  
Atlanta (Beachy 6-2) at Chicago Cubs (Garza 6-9), 2:20 p.m.  
Arizona (Miley 0-1) at Washington (Lannan 8-9), 7:05 p.m.  
Cincinnati at Florida, ppd., rain  
Pittsburgh (Morton 9-6) at St. Louis (E.Jackson 2-2), 8:15 p.m.  
Houston (Sosa 0-2) at San Francisco (Vogel-song 10-3), 10:15 p.m.

fort, Belgium, Leopard Trek, 0:38; 8. Sergio Pardilla, Spain, Movistar, 0:43; 9. Jurgen Van den Broeck, Belgium, Omega Pharma-Lotto, 0:44; 10. Marzio Bruseghin, Italy, Movistar, 0:52.

**USA PRO CYCLING CHALLENGE**  
**At Aspen, Colo.**  
**Second Stage**  
1. George Hincapie (BMC), U.S., 5 hours, 26 minutes, 10 seconds; 2. Tejay Van Garderen (HTC-Highroad) U.S., same time; 3. Thomas Danielson (Garmin-Cervelo), U.S., s.t.  
**Overall Standings**  
1. Tejay Van Garderen (HTC-Highroad), U.S., 10 hours, 4 minutes, 8 seconds. 2. George Hincapie (BMC), U.S., 16 seconds behind. 3. Thomas Danielson (Garmin-Cervelo), U.S., 22 behind. 4. Levi Leipheimer (RadioShack), U.S., 34. 5. Christian Vande Velde (Garmin-Cervelo), U.S., 45.

BLUE JAYS 4, ROYALS 3

Kansas City	ab	r	h	bi	Toronto	ab	r	h	bi
AGordn lf	2	3	1	1	McCoy 2b	4	0	0	0
McCarr cf	4	0	0	0	YEScor ss	3	1	1	0
Butler dh	5	0	3	2	Bautist rf	4	1	1	2
Hosmer 1b	5	0	1	0	Lind 1b	4	0	0	0
Franc rf	5	0	1	0	Encmc dh	4	1	1	0
Giavtl 2b	4	0	0	0	ETHms lf	3	0	0	0
S.Perez c	3	0	1	0	Lawrie 3b	3	1	2	2
Mostks 3b	3	0	2	0	Arendi c	2	0	0	0
AEScor ss	3	0	0	0	Mstrnn cf	2	0	0	0
<b>Totals</b>	<b>34</b>	<b>3</b>	<b>9</b>	<b>3</b>	<b>Totals</b>	<b>29</b>	<b>4</b>	<b>5</b>	<b>4</b>
<b>Kansas City</b>					<b>101</b>	<b>010</b>	<b>000</b>	<b>3</b>	
<b>Toronto</b>					<b>000</b>	<b>300</b>	<b>10x</b>	<b>4</b>	
E—Moustakas 2 (6). DP—Kansas City 1, Toronto 2. LOB—Kansas City 11, Toronto 4. 2B—Butler 2 (32). 3B—Lawrie (2). HR—A.Gordon (17), Bautista (37), Lawrie (4). SB—A.Gordon (14), Me.Cabrera (17). S—Mas-troianni.									

	IP	H	R	ER	BB	SO
<b>Kansas City</b>						
Hochevar	6	4	3	3	1	5
L.Coleman L,1-3	1	1	1	1	0	0
Bl.Wood	1	0	0	0	0	0
<b>Toronto</b>						
R.Romero	6	8	3	3	4	3
Litsch W,5-3	1	1	0	0	0	1
Janssen H,5	1	0	0	0	1	1
F.Francisco S,11-15	1	0	0	0	1	1
HBP—by Hochevar (Y.Escobar), by R.Romero (A.Gordon). WP—R.Romero. T—2:46. A—18,292 (49,260) at Toronto.						

CFL

WEEK NINE

EAST DIVISION										
	GP	W	L	T	PF	PA	Pt			
Winnipeg	7	6	1	0	182	130	12			
Montreal	7	5	2	0	222	156	10			
Hamilton	7	4	3	0	189	176	8			
Toronto	8	2	6	0	184	233	4			
WEST DIVISION										
	GP	W	L	T	PF	PA	Pt			
Calgary	7	5	2	0	194	172	10			
Edmonton	8	5	3	0	174	190	10			
B.C.	8	2	6	0	203	203	4			
Saskatchewan	8	1	7	0	165	253	2			
<b>Byes:</b> B.C., Edmonton, Saskatchewan, Toronto										
<b>Tomorrow's game</b>										
Hamilton at Winnipeg, 8 p.m.										
<b>Saturday's game</b>										
Montreal at Calgary, 4 p.m.										

LACROSSE

MINTO CUP CANADIAN JUNIOR CHAMPIONSHIP

**At Okotoks, Alta.**  
**Last night's result**  
**Semifinal**  
Whitby vs. Okotoks  
**Tuesday's results**  
Coquitlam 12 Okotoks 1  
Whitby 19 Edmonton 3

MLL

**PLAYOFFS**  
**At Annapolis, Md.**  
**Saturday's games**  
**Semifinals**  
Boston vs. Chesapeake, 12 p.m.  
Denver vs. Hamilton, 3 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Columbus	25	11	7	7	29	24	40
Kansas City	25	9	7	9	36	31	36
Houston	26	8	7	11	34	32	35
Philadelphia	24	8	6	10	30	24	34
New York	26	6	6	14	41	37	32
D.C. United	24	7	7	10	34	35	31
Chicago	25	3	7	15	28	33	24
New England	26	4	11	11	26	39	23
Toronto	27	4	12	11	25	48	23

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	26	14	3	9	37	20	51
Seattle	26	12	5	9	36	27	45
Dallas	26	12	7	7	33	27	43
Colorado	27	10	6	11	39	34	41
Real Salt Lake	23	10	7	6	32	20	36
Chivas USA	25	7	8	10	32	28	31
Portland	25	8	12	5	32	41	29
San Jose	25	5	10	10	26	34	25
Vancouver	25	3	13	9	26	42	18

**Note:** Three points for a win, one for a tie.  
**Last night's result**  
Chivas USA at Portland  
**Saturday's games**  
Columbus at Seattle, 4 p.m.  
San Jose at Toronto, 7 p.m.  
Houston at Vancouver, 7 p.m.  
Portland at D.C. United, 7:30 p.m.  
Colorado at Chicago, 8:30 p.m.  
Dallas at Kansas City, 8:30 p.m.  
Real Salt Lake at Chivas USA, 10:30 p.m.

EUROPEAN CHAMPIONS LEAGUE

**Yesterday's results**  
**Qualifying Playoffs**  
**Second Leg (Home teams listed first)**  
Benfica (Portugal) 3 Twente (Netherlands) 1 (Benfica advanced 5-3 on aggregate)  
Rubin Kazan (Russia) 1 Lyon (France) 1 (Lyon advanced 4-2 on aggregate)  
Sturm Graz (Austria) 0 BATE Borisov (Belarus) 2 (BATE advanced 3-1 on aggregate)  
Udinese (Italy) 1 Arsenal (England) 2 (Arsenal advanced 3-1 on aggregate)  
Viktoria Plzen (Czech Republic) 2 Copenhagen (Denmark) 1 (Plzen advanced 5-2 on aggregate)

ENGLAND

LEAGUE CUP

**First Round**  
**Yesterday's results**  
Bristol City 0 Swindon 1  
West Ham 1 Aldershot 2  
**Second Round**  
**Blackburn 3 Sheffield Wednesday 1**  
Bolton 2 Macclesfield 1  
Everton 3 Sheffield United 1  
Exeter 1 Liverpool 3  
Peterborough 0 Middlesbrough 2

CONCACAF CHAMPIONS LEAGUE

**Second Round**  
Comunicaciones (Guatemala) 2 Herediano (Costa Rica) 0  
Santos Laguna (Mexico) at Isidro Metapan (El Salvador)  
FC Dallas (U.S.) at Toronto FC (Canada)

TENNIS

WTA NEW HAVEN OPEN

**At New Haven, Conn.**  
**Singles**  
**Second Round**  
Marion Bartoli (4), France, def. Klara Zakopalova, Czech Republic, 6-2, 2-6, 6-1.  
Anabel Medina Garrigues, Spain, def. Elena Vesnina, Russia, 6-2, 7-5 (5).  
Anastasia Pavlyuchenkova (8), Russia, def. Roberta Vinci, Italy, 6-2, 6-4.  
**Doubles**  
**First Round**  
Kveta Peschke, Czech Republic, and Katarina Srebotnik (1), Slovenia, def. Maria Kondratieva, Russia, and Sophie Lefevre, France, 6-3, 6-1.  
**Quarter-finals**  
Chuang Chia-jung, Taiwan, and Olga Govortsova (3), Belarus, def. Iveta Benesova, Czech Republic, and Alexandra Dulgheru, Romania, 4-6, 6-0, 10-7 tiebreak.

ATP WINSTON-SALEM OPEN

**At Winston-Salem, N.C.**  
**Singles**  
**Third Round**  
Sergiy Stakhovsky (9), Ukraine, def. Nikolay Davydenko (5), Russia, 6-4, 6-4.  
Julien Benneteau, France, def. Igor Andreev, Russia, 2-6, 6-1, 7-6 (5).  
Alexandr Dolgopopov (3), Ukraine, def. Grigor Dimitrov (14), Bulgaria, 6-4, 1-6, 7-6 (7).  
Robin Haase (10), Netherlands, def. Pierre-Ludovic Duclos, Sainte Foy, Que., 6-4, 7-5.  
John Isner (4), U.S., def. Jarkko Nieminen (13), Finland, 7-6 (4), 6-2.  
Marcos Baghdatis (8), Cyprus, def. Steve Darcis, Belgium, 7-5, 6-0.

**Doubles**  
**First Round**  
Jonathan Erlich and Andy Ram, Israel, def. Mahesh Bhupathi, India, and Mark Knowles (3), Bahamas, 6-4, 6-3.  
**Quarter-finals**  
Santiago Gonzalez, Mexico, and Jamie Murray, Britain, def. Lukas Dlouhy, Czech Republic, and Horia Tecau, Romania, 7-5, 3-6, 10-8 tiebreak.  
Christopher Kas, Germany, and Alexander Peya (4), Austria, def. Michael Russell and Donald Young, U.S., 6-2, 6-1.

U.S. OPEN QUALIFYING

**At New York**  
**Singles**  
**Men**  
**First Round**  
Vasek Pospisil (20), Vernon, B.C., def. Chris Guccione, Australia, 7-6 (4), 7-5.  
**Women**  
**First Round**  
Laura Robson, Britain, def. Heidi El Tabakh, Toronto, 6-1, 6-3.  
Aleksandra Wozniak (18), Blainville, Que., def. Maria Joao Koehler, Portugal, 6-4, 4-6, 6-3.

NFL

PRE-SEASON

**Tonight's games**  
Carolina at Cincinnati, 7 p.m.  
Cleveland at Philadelphia, 7:30 p.m.  
Washington at Baltimore, 8 p.m.

TRANSACTIONS

BASEBALL

**MLB**  
**AMERICAN LEAGUE**  
CLEVELAND INDIANS—Recalled INF Cord Phelps from Columbus (IL). Optioned RHP Zach McAllister to Columbus.  
TEXAS RANGERS—Recalled RHP Darren O'Day from Round Rock (PCL). Optioned C Taylor Teagarden to Round Rock.  
TORONTO BLUE JAYS—Recalled OF Darin Mastroianni from Las Vegas (PCL).  
**NATIONAL LEAGUE**  
ARIZONA DIAMONDBACKS—Designated INF Cody Ransom for assignment.  
COLORADO ROCKIES—Selected the contract of 3B Kevin Kouzmanoff from Colorado Springs (PCL). Optioned INF Chris Nelson to Colorado Springs. Designated INF Ryan Rohlinger for assignment.  
FLORIDA MARLINS—Recalled OF Logan Morrison from New Orleans (PCL).  
HOUSTON ASTROS—Placed LHP Sergio Escalona on the 15-day DL. Recalled RHP Juan Abreu from Oklahoma City (PCL).  
NEW YORK METS—Placed RHP Jonathon Niese on the 15-day DL. Called up C Mike Nick-eas from Buffalo (IL).  
PITTSBURGH PIRATES—Placed LHP Ryan Ludwick on the 15-day DL. Purchased the contract of LHP Aaron Thompson from Indianapolis (IL).  
**AMERICAN ASSOCIATION**  
LINCOLN SALTDogs—Sold the contract of INF Vance Albitz to St. Louis (NL). Signed INF Travis Weaver.

NFL

ARIZONA CARDINALS—Signed QB Brodie Croyle and P Dave Zastudil. Waived QB Max Hall and OT Jake Vermiglio.  
BUFFALO BILLS—Signed WR Ruvell Martin.  
INDIANAPOLIS COLTS—Agreed to terms with QB Kerry Collins.  
NEW ENGLAND PATRIOTS—Signed OL Mike Berry.  
NEW YORK JETS—Signed S Tracy Wilson. Waived LB Brandon Long and G Chris Stewart. Claimed OT Nevin McCaskill off waivers from Pittsburgh.  
SAN FRANCISCO 49ERS—Waived TE Colin Cloherty.  
SEATTLE SEAHAWKS—Re-signed RB Vai Taa. Released DT Kentwan Balmer.

HOCKEY

**NHL**  
WASHINGTON CAPITALS—Signed F Stanislav Galiev to a three-year contract.

**AHL**  
SAN ANTONIO RAMPAGE—Signed LW Justin Vaive.

BASEBALL

**LITTLE LEAGUE WORLD SERIES**  
**At South Williamsport, Pa.**  
**Yesterday's results**  
Mexicali, Mexico 2 Maracay, Venezuela 1 (9 inn.)  
Billings, Mont. vs. Huntington Beach, Calif.

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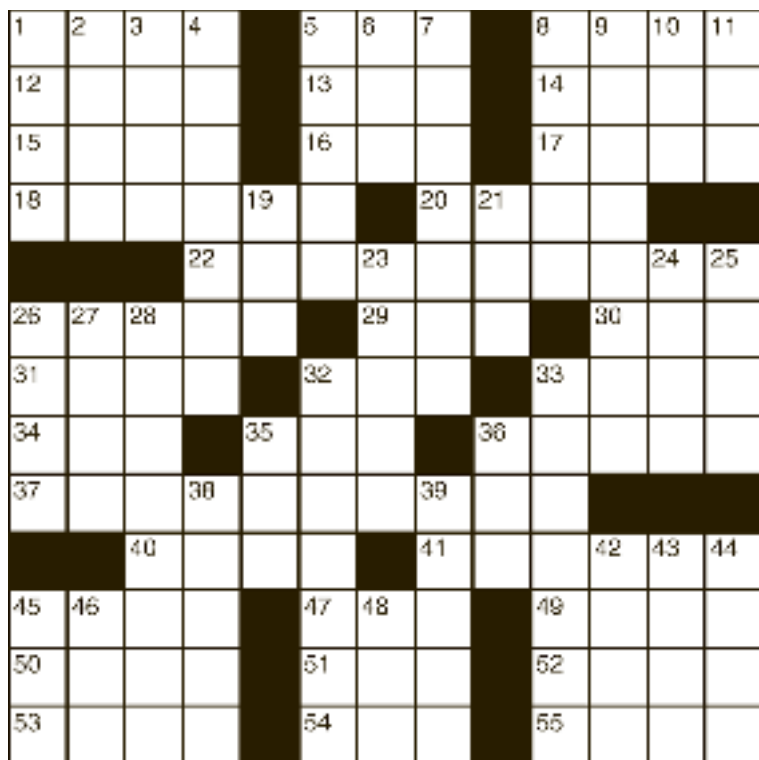
## Crossword

### Across

1 Just one of those things  
5 "Wipeout" network  
8 On in years  
12 George Herman Ruth  
13 Four qts.  
14 Story  
15 Coaster  
16 Freudian concept  
17 Weaponry  
18 Magical drink  
20 CNN's Blitzter  
22 In a dangerous position  
26 Cumulus, e.g.  
29 Apiece  
30 Always, in verse  
31 "My bad"  
32 Foundation  
33 Radius neighbor  
34 Expert  
35 Evergreen type  
36 Arabian Sea feeder  
37 "Gunsmoke" saloon  
40 Move like a moth  
41 Royal attendant  
45 Hodgepodge  
47 Drone  
49 Ready to be picked  
50 Rock drummer Ulrich  
51 Kreskin's claim  
52 Witnesses  
53 Turns blue?  
54 Homer's cry  
55 Tackles' teammates

### Down

1 Recipe meas.  
2 Head light?



3 Help illicitly  
4 Tiresome  
5 Representative  
6 Satchel  
7 Fooled (around)  
8 In any manner  
9 Jon's cat  
10 Shade source  
11 — Moines  
19 African lute  
21 Rowing need  
23 "Fidelio," e.g.  
24 Waiter's handout  
25 Support group?  
26 Brat's stocking stuffer

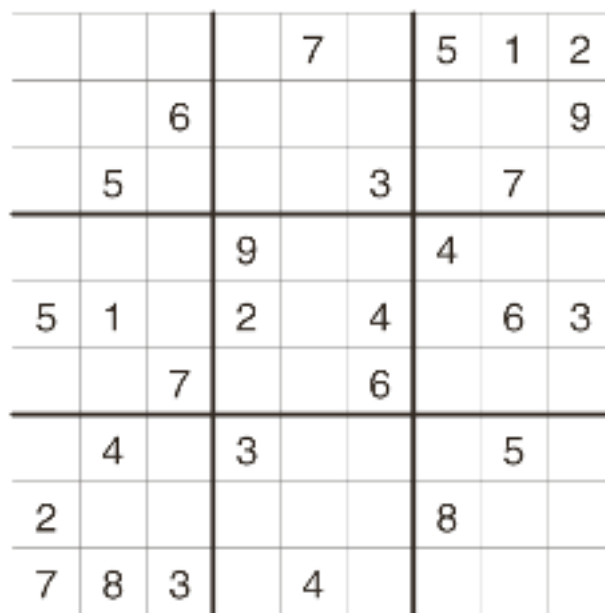
27 Crazy  
28 Where chestnuts roast  
32 Brought forth a child  
33 Dislodge from a steed  
35 Hoover's old org.  
36 Lemieux milieu  
38 Lipstick alternative  
39 Naiad or dryad  
42 Carriage  
43 Mimicked  
44 Untouchable Eliot  
45 Antiquated  
46 Deposit

48 G.I. entertainers

### ► Yesterday's answer



## Sudoku



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

5	9	4	2	7	8	3	1	6
2	6	7	1	3	4	9	8	5
1	3	8	9	6	5	7	4	2
8	5	6	7	9	2	4	3	1
7	2	3	6	4	1	8	5	9
9	4	1	5	8	3	6	2	7
6	8	5	3	1	9	2	7	4
3	7	2	4	5	6	1	9	8
4	1	9	8	2	7	5	6	3

## Send a KISS

You can now post your kiss, and read even more kisses, online at [metronews.ca/kiss](http://metronews.ca/kiss).

NickyG,  
you were the potion that got me high all summer. Thank you for listening. You are the best and LMFAO, U and ME 4 now R prrrfect.

PHATE

Courtney,  
You are my one and only, could never imagine being with anyone else for the rest of my life <3

MARC

Maureen  
You are the best wife in the world....I will always love you.

FROM YOUR HUSBAND TOM

Beloved "A"  
I can't believe its been 5 years! We've been through so much already but I look forward to whatever else life will throw at us! I love you!

FROM JEWELS

## Today's horoscope

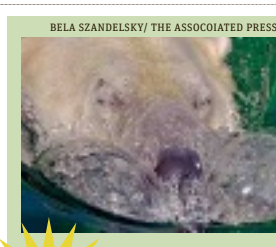
**♈ Aries** March 21-April 20 Take the day off and don't worry that you might fall behind your rivals.  
**♉ Taurus** April 21-May 21 Romantically and creatively, you have so much going right now. Reach out and take what you desire most.  
**♊ Gemini** May 22-June 21 Be subtle in your efforts to educate those who are not as clued in as you. Don't dictate, either.  
**♋ Cancer** June 22-July 22 You will accomplish more today if you slow down and do one important thing really well.

**♌ Leo** July 23-Aug. 23 You may be decisive, but this is not the right time to make decisions about what you own and what you earn.  
**♍ Virgo** Aug. 24-Sept. 22 Today's Mars-Saturn link warns the harder you try to change things, the worse they'll get. So don't try.  
**♎ Libra** Sept. 23-Oct. 23 Cosmic activity in the most sensitive area of your chart makes it easy to find out what makes you tick.  
**♏ Scorpio** Oct. 24-Nov. 22 The Sun in Virgo at this time of year makes you open to newness.

For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

**♐ Sagittarius** Nov. 23-Dec. 21 Employers and other important people really do want to see you succeed, so amaze them.  
**♑ Capricorn** Dec. 22-Jan. 20 People who are jealous of your skill and success will make negative comments about you today.  
**♒ Aquarius** Jan. 21-Feb. 18 Show your critics that you can act and think clearly under pressure.  
**♓ Pisces** Feb. 19-March 20. If what happens today looks like a setback, it's because you need to step back. **SALLY BROMPTON**

## Caption contest



## WIN! You write it!

Write a funny caption for the image above and send it to [play@metronews.ca](mailto:play@metronews.ca) — the winning caption will be published in tomorrow's Metro.

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